✓ HEALTHY ✓ EASY ✓ FAST

ANTI-INFLAMMATORY

BREAKFAST, LUNCH & DINNER

63 recipes for everyday meals

Quick fresh meal ideas to beat pain

ANTI-INFLAMMATORY ai RECIPES

Plus: A complete guide to anti-inflammatory foods

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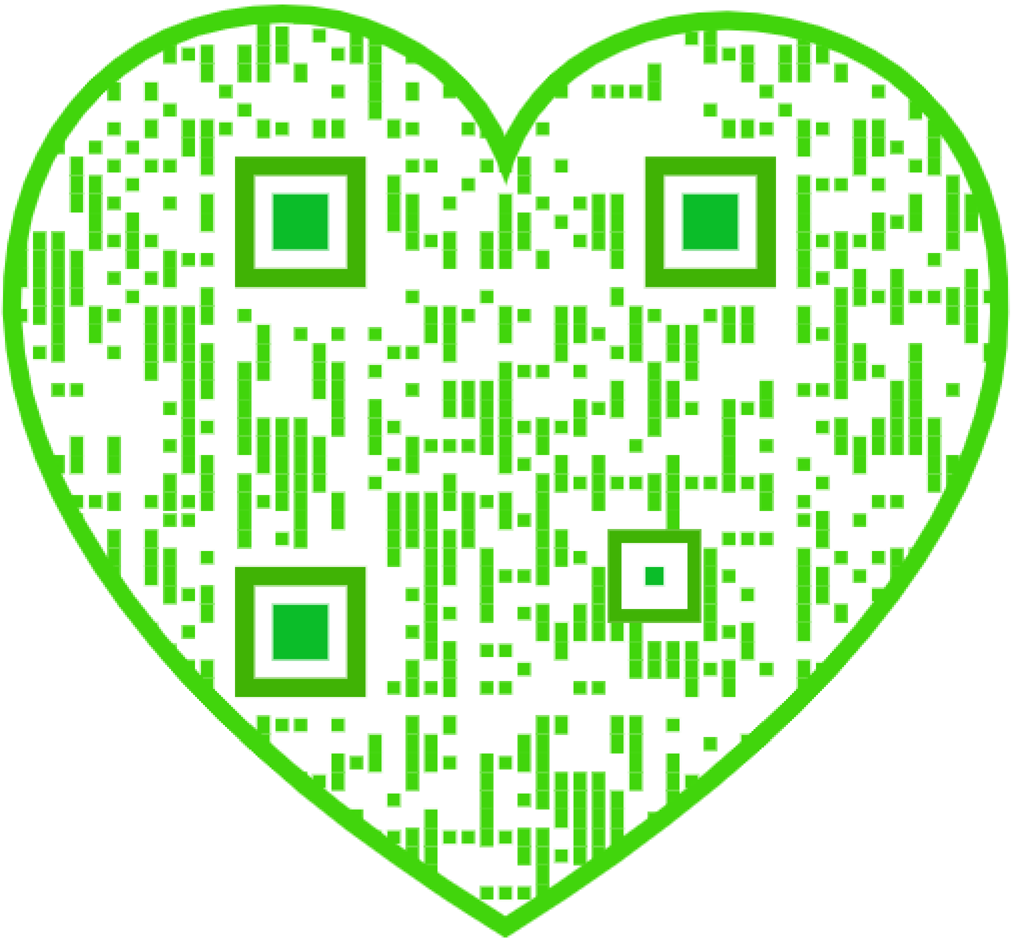


QUICK FRESH MEAL IDEAS TO BEAT PAIN

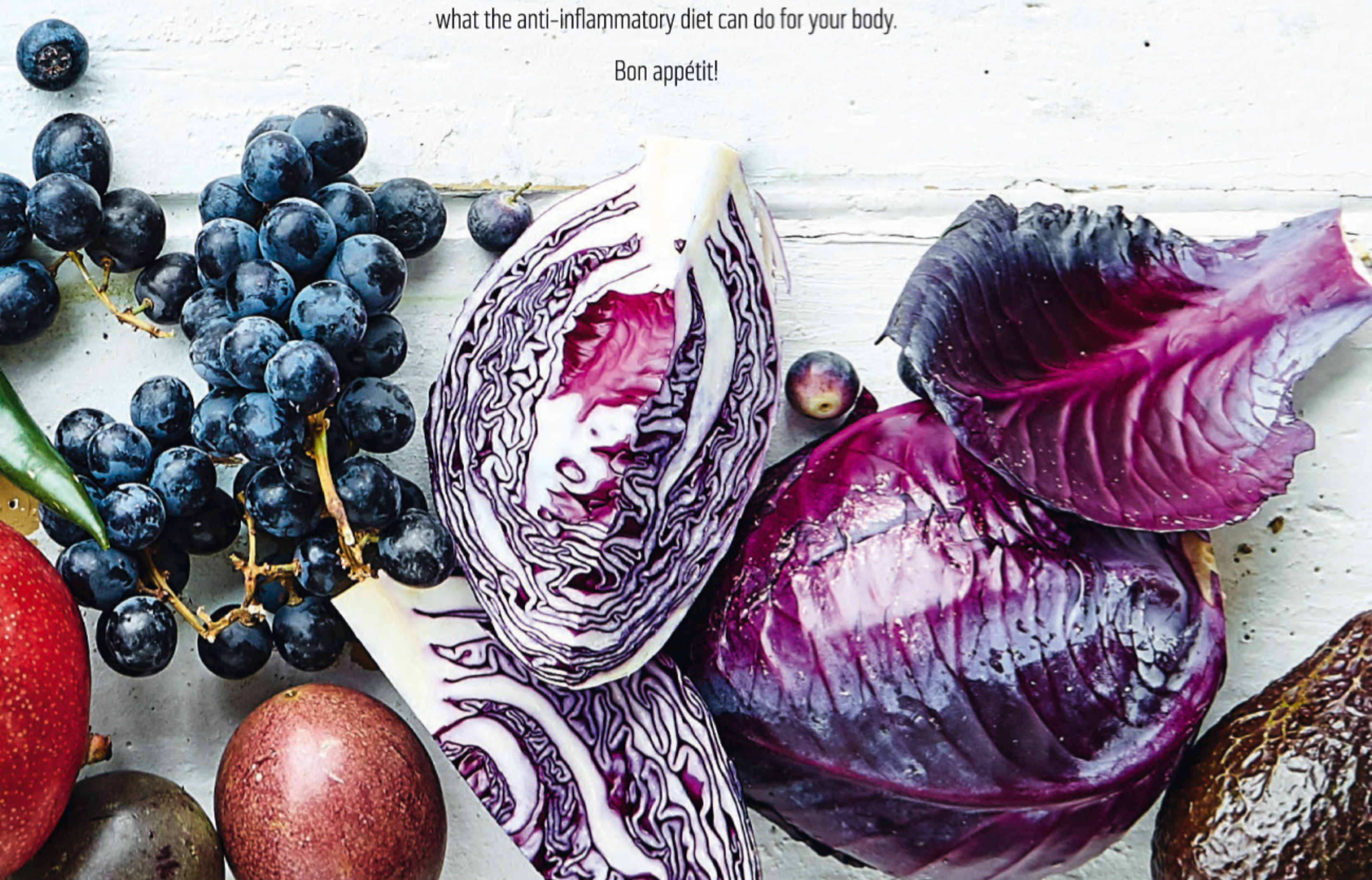
Anti-inflammatory food... Yes, it sounds a little baffling and the science behind it even more so with a complex palette of fatty acids, dietary fibre, antioxidants and other powerful plant compounds, each of which prevents or reduces inflammation in your body.

But don't worry – thankfully, the anti-inflammatory diet is incredibly easy to follow!

The raw ingredients are common foods such as salmon, nuts, avocado, berries, olive oil and cabbage. Anti-inflammatory food is easy and quick to make, because it has a shorter cooking time, so more of the healthy stuff remains in the finished meal.

Look forward to getting your teeth into the tasty and super-healthy dishes in this Guide to Success – and experience what the anti-inflammatory diet can do for your body.

Bon appétit!



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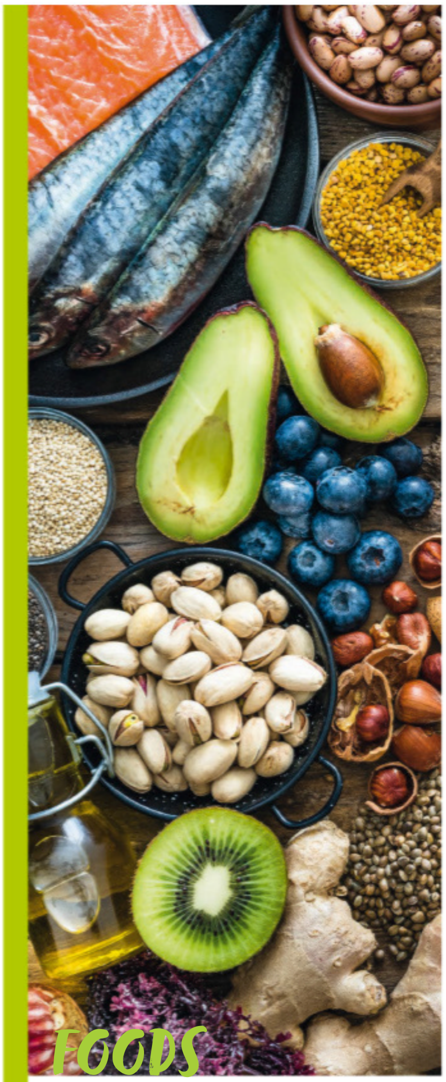

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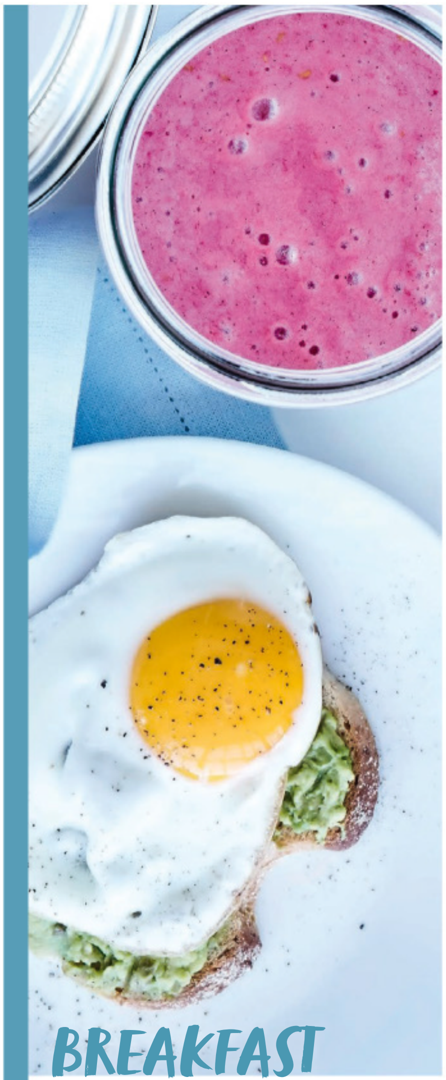

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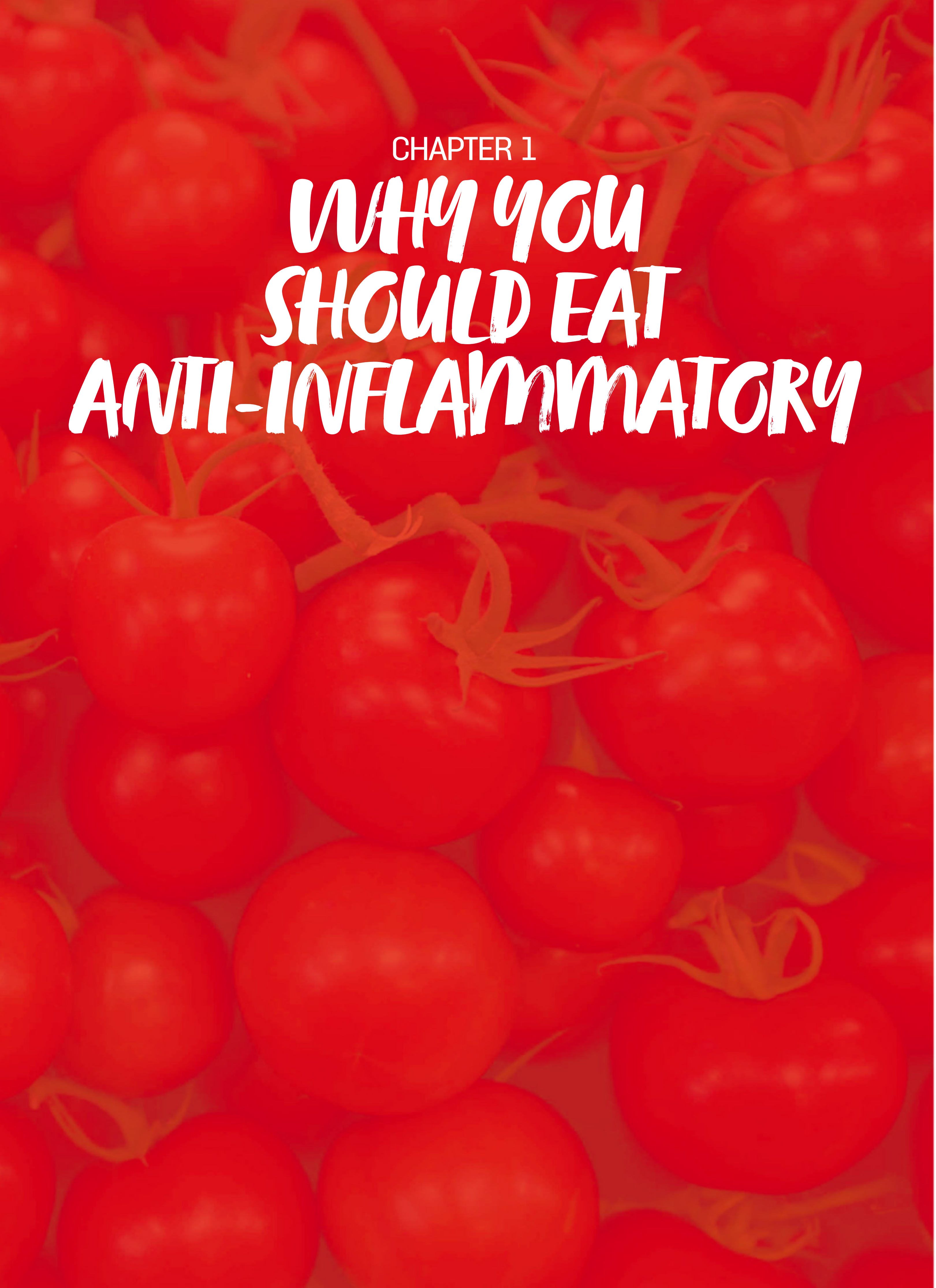
CHAPTER 1

WHY YOU SHOULD EAT ANTI-INFLAMMATORY



BEAT INFLAMMATION FOR BETTER HEALTH

Do you want to be in top form, physically and mentally, and protect yourself from cancer, blood clots, diabetes, depression and dementia – all at the same time? Here is the answer you have been waiting for. Read how, by eating lots of delicious and **anti-inflammatory foods**, you can become significantly healthier, live longer and the best thing is that you'll start to see results after only a month.

PLAN ai

Eat yourself free of
✔ cancer ✔ blood clots ✔ diabetes
all at the same time

Why choose whether you want to protect yourself from a heart attack or cancer, diabetes or dementia, when you could, almost as if by magic, lower the risk of pretty much all lifestyle diseases that top the statistics on mortality rates?

This is exactly what PLAN AI is all about: making it easy stay healthy.

PLAN AI can tackle all these diseases at the same time because they are suspected of having one and the same root cause: hidden inflammation, a chronic form of inflammation that smoulders like a fire in your body and destroys it from within.

The choices you make in your everyday life can affect inflammation by acting either like water, or like petrol on a fire; which care products you use, whether you are sleeping enough, stressed or relaxed, rested or tired, exercising or partying at weekends and last but not least the foods you eat.

Eating the right anti-inflammatory food for just one month is enough for it to show significant changes in your body: participants in a groundbreaking Swedish trial have seen the amount of dangerous LDL cholesterol in their blood lowered by as much as 33 per cent. The amount of blood fats decreased by 14 per cent, blood pressure by 8 per cent and risk markers for blood clots plummeted by as much as 26 per cent. In addition to this, the subjects showed increases in brain functionality: they became better at solving difficult mental tasks.

The right food combinations

The participants followed a diet plan that combined all the foods which we have reason to believe counter inflammation. "We were very pleasantly surprised that this diet plan worked so well and so quickly" says Professor Inger Björck from the Antidiabetic Food Centre at Lund University.

"We do not yet know how much each individual food contributes to these results, but what we do know is that the combination of these foods works brilliantly – and makes it easy to eat, and keep eating, to maintain a healthy lifestyle".

As you read on, you'll see that this diet plan is filled with delicious and healthy food, such as Omega-3 rich fatty fish, whole grains, blueberries, almonds, cinnamon, dairy products and much more. All these foods combat inflammation in very different ways. When combined in the same diet plan, your body becomes supercharged by these anti-inflammatory foods.

According to Professor Björck, this is the first time that a study has shown such clear benefits in healthy people.

"It emphasises the need to start eating this way as early in life as possible. None of us can know if we are at risk of developing one of the diseases caused by inflammation. Many of these diseases might develop many years down the road, but with an anti-inflammatory diet, we can dampen the inflammation before it makes us sick.

"If you are overweight, Plan AI can also have a positive impact on your health," says Professor Björck, "not only are you supercharging your body but you'll lose weight too".

Overweight American teenagers are now developing lifestyle diseases that before only affected older people.

Although an anti-inflammatory diet is not a weight loss diet, it will

Inflammation busting foods

PLAN AI focuses on anti-inflammatory foods. Eating these foods will dampen and slow down inflammation. We'll show you the best ones, but there are many more to choose from. Food on PLAN AI, must do at least one of these five things:

1. Keep your blood sugar stable
2. Lower your cholesterol
3. Contain antioxidants
4. Contain Omega-3
5. Keep your gut flora healthy

Vegetables and berries

This section is all about eating a varied diet , and in all the colours of the rainbow. Try to eat all the vegetables available to you instead of always choosing the same four-five things.

Many vegetables and berries are filled with antioxidants that act as the body's inner rust protection and thereby counter inflammation. In addition, the coarse and high-fibre vegetables you are consuming are the key to keeping your blood sugar levels stable. Don't eat too much fruit at the expense of the fibrous vegetables.

High-sugar fruit can cause your blood sugar levels to elevate, increasing the risk of inflammation.

Eat at least 600 g of fruit and veg a day, of which at least 450 g are green.

PLAN AI choices:

- Cabbage
- Kale
- Asparagus
- Onion
- Spinach
- Broccoli
- Aubergine
- Peppers
- Blueberries
- Plums
- Blackcurrants
- Cherries

reduce the health risks associated with being overweight and will definitely help with weight loss.

You'll have heard much of the advice in PLAN AI before and of course you know that sugar is bad and fatty fish is healthier but what makes PLAN AI special is that it combines newly available knowledge and data, normally only found in specialist medical journals. Don't worry, you won't need a degree in micronutrients to create your diet, you can achieve all the key benefits by following our simple guidelines.

PLAN AI is not a short-term diet, neither a weight loss diet but an intelligent dietary and lifestyle choice for the rest of your longer, life. By starting PLAN AI now you can add years to your life and start your journey to a healthier and more active life.

The benefits can be huge and you will start noticing them right away: your skin will look younger. Muscles and joints will withstand harder workouts. Allergies will start to bother you less. And you'll reduce the risk of life-threatening diseases.

But you need to start now to begin slowing down the chronic inflammation that could be present in your body for many decades before any damage occurs. Let's show you how! ☐

Fatty fish

Fatty fish are the ultimate heroes in PLAN AI, the oilier, the better, because of their high Omega-3 fat contents. Choose different types, try fish from different countries, be adventurous. Wild fish always contain much more Omega-3 than farmed fish, as fish food contains mostly Omega-6 plant oil and very little natural Omega-3 fish oil. A good anti-inflammatory dose is about 2.4 g of Omega-3 fish oil a day. This corresponds to about 100 g salmon, herring or mackerel. Or alternatively four typical fish oil capsules.

PLAN AI choices:

- Salmon
- Mackerel
- Trout
- Herring
- Fish oil capsules

Herbs and Spices

Strong flavoured herbs and spices can contain powerful antioxidants, and some, such as cinnamon, can help stabilise blood sugar levels. Vinegar and lemon juice also keep blood sugar levels in check.

PLAN AI choices:

- Cinnamon
- Turmeric
- Garlic
- Ginger
- Chilli
- Wine vinegar
- Lemon juice
- Thyme, marjoram and oregano

PLAN AI Protects

The best thing about PLAN AI is that it protects against almost all lifestyle diseases, especially those caused by chronic inflammation.

- Psoriasis
- Gum problems
- Gout
- Osteoporosis
- Excess weight
- Indigestion
- Eczema
- Menstrual pain

Sports Injuries
Injuries of the tibia, Achilles tendon, knees etc. all create inflammation that can become chronic if we are not patient enough and don't give our bodies the rest it needs to heal. An anti-inflammatory diet helps heal injuries and tissue damage faster. Fatty fish and spices like turmeric and ginger have the same effect. Rosehip can also be used.

Cancer
Chronic inflammation can cause cell division to run riot and form cancerous tumours. Dietary fibre, a multitude of different vegetables and fatty fish are the most important protection against cancer in a diet. Processed foods, alcohol and foods containing fast-release carbohydrates, such as sugar and white flour, can increase the risk of cancer.

Blood clots
Smoking, elevated cholesterol levels and high blood pressure all cause atherosclerosis. But atherosclerosis only becomes extremely dangerous if chronic inflammation causes instabilities that can provoke the formation of blood clots. By checking the levels of CRP (C-Reactive Protein) in blood, doctors can measure the risks. Women with high CRP levels are more than three times at risk of developing a blood clot. People with low CRP levels have very little risk of blood clots forming.

Probiotics

Your gut flora thrives when you eat food that sends live and probiotic bacteria into the stomach and further into the colon. Healthy gut flora is crucial for the function of the immune system.

PLAN AI choices:

- Kefir and other probiotic yoghurts
- Miso
- Fermented vegetables such as sauerkraut
- Unpasteurised feta
- Kombucha tea

Whole grains

There is tonnes of anti-inflammatory superpower in whole grains and soluble fibres. The most important ones are Beta Glucans, which you'll find in barley and oats. They are known to lower cholesterol levels and help maintain stable blood sugar levels. The same goes for rye, which according to new studies also protects against certain cancers.

Ideally, you need at least 75 g of whole grain and fibre a day. This corresponds to, for example, a portion of oatmeal and two slices of rye bread. You can add whole grains to porridge, use them in baking, in salads or as an edible garnish on your plate. Whole grains are effective in combination with probiotics because lactic acid bacteria convert and bring out cancer preventative agents in some whole grains.

PLAN AI choices:

- Whole grain bread with barley and/or rye bread
- Porridge mixed with whole grains, ie. rye, barley or oats
- Pearl barley, pearl rye, quinoa and amaranth
- Oats
- Oat smoothies

Diabetes

Fast-release carbohydrates and sugars rapidly increase blood sugar levels and flood the blood with insulin so rapidly that muscles and liver can no longer correctly respond to the influx of hormones. This is what starts the inflammatory process that deposits dangerous fat inside the stomach and increases the risk of type 2 diabetes. Slow-release carbohydrates and regular exercise are one of the most powerful anti-inflammatory cocktails to keep your blood sugar levels in check.

High blood pressure

High blood pressure can cause irritation to blood vessel walls that can lead to inflammation. An anti-inflammatory diet significantly lowers blood pressure by reducing or eliminating the intake of fast-release sugars and carbohydrates, that trigger insulin surges and raise blood pressure.

Depression

Many people suffering from depression often have problems with stress hormone levels that can cause fats to settle in the stomach and cause inflammation. Eating fish helps your mental health, as healthy fish oils are very important to brain structure and function.

Dementia

Alzheimer's can start as chronic inflammation around brain cells. Seafood, vegetables, legumes, fruit, olive oil and spices can help prevent this inflammation.

Asthma

Chronic inflammation causes the smallest airways in the lungs to fill with mucus. Anti-inflammatory food suppresses this asthmatic reaction and may reduce the need for medication. Oily fish are good for this and also reduce the risk to pregnant mothers of passing the tendency to develop asthma on to their unborn child.

Healthy fats

With the fish in place, you are well on your way but not on target with the anti-inflammatory fat. You also need to consider MUFA – monounsaturated fatty acids. The name covers a group of fatty acids that also reduce inflammation but are biochemically different from Omega-3. Therefore, you can not replace one type of fat with the other. Two of the very best sources of MUFA are olive oil and rapeseed oil, but avocados, nuts and eggs are also excellent sources of fat that can be easily incorporated into your daily meals.

PLAN AI choices:

- Rapeseed Oil
- Olive Oil
- Avocado
- Eggs
- Hazelnuts
- Walnuts
- Almonds

A step in the wrong direction

Some foods seem pro-inflammatory: they actively cause inflammation to flare up. They are hard to avoid completely but if you make sure to get as much of your food from PLAN AI, you have already taken an important step towards a longer and healthier life.

- Red meat, especially the fat
- Full fat dairy products
- Processed meat products, cold cuts, sausages etc.
- White bread and pasta
- Refined white rice
- Potatoes (especially baked potatoes)
- Salt
- Sugar
- Sweets
- Binge drinking

A DAY WITH PLAN AI

PLAN AI bread is high in barley and stabilises blood sugar levels.

Breakfast

- Probiotic yoghurt with blueberries,
- Oatmeal, cinnamon and crushed flax seeds.
- Coffee or tea, no sugar, a little (skimmed) milk

Mid-Morning Snack

- A slice of PLAN AI bread (see recipe) with blueberries (puréed or mashed)
- Coffee or tea, no sugar, a little (skimmed) milk

Lunch

- 1 slice of whole grain rye bread with smoked mackerel and tomato
- 1 slice of PLAN AI bread with lean meat, like chicken breast or roast beef, or alternatively marinated tofu
- Red pepper and tomato salad
- 1 rye crispbread with low fat cheese and red pepper
- Water

Fatty fish brimming with Omega-3 is a daily favourite.

Afternoon Snack

- 1 apple or 1 pear
- 10-15 almonds
- Coffee or tea, no sugar, a little (skimmed) milk

Dinner

- Cooked or steamed salmon fillet and whole grain salad
- Whole Grain Salad: cooked whole grains (ie. pearl barley or pearl rye), olives, raisins, red peppers, onions, carrots, finely chopped parsley, mint or coriander, balsamic and rapeseed or olive oil dressing
- Water – or optionally a small glass of wine or beer

Dessert

- Fibre-rich smoothie with banana, strawberry and a sprinkle of cinnamon.
- You can buy pre-made fibre-rich smoothies or make your own by using a glass of skimmed milk and 5 g of psyllium husk

Use cinnamon! In smoothies, with buttermilk and give your coffee a sprinkle.

How to bake PLAN AI bread

400 g/14 oz pearl barley
400 ml/14 fl oz water (for boiling the barley)
125 g/4½ oz flaxseed
100 ml/3½ fl oz water (to boil the flaxseed)
50 g/1¾ fresh yeast
240 ml/8½ fl oz water (to dissolve the yeast)
1 tsp salt
100 g/3½ oz rye flour
70 g/2½ oz wheat flour
1 mashed ripe banana

1. Boil the pearl barley for 10 minutes and allow to cool for half an hour.
2. Boil the flaxseed for a minute or so.
3. Dissolve the yeast in 240 ml of water.
4. Mix the yeast, barley, flour, banana, flaxseed and salt. Knead the dough well.
5. Let rise for 30 minutes, then re-knead.
6. Place in baking tray and let rise for 35 minutes. Bake the bread for about 40 minutes at 200° C/390° F/ Gas Mark 6.

GET A BODY THAT NEVER GETS SICK

Have you been inspired by PLAN AI's dietary advice? Then you've already started your fight against cancer, blood clots and diabetes. Now, let's look at other ways to decrease inflammation even more.

Can you imagine a wonderful life you can live to the max – without having to worry about potentially life-threatening diseases?

We'll help you achieve this goal. With the right tools it is possible to live life to the fullest, be healthy and free of inflammation.

We'll show you where and what actions you can take to curb inflammation that can cause cancer, blood clots, diabetes, dementia, osteoporosis and many other modern lifestyle diseases.

Prevention is key. Chronic Inflammation in the body, in addition to reducing your quality of life in the short term, can be difficult to get rid of and, as such, take you down the road of chronic bad health.

We can't hide it! There is another wonderful benefit to an inflammation free body: a flat stomach! By following the advice, you can wave goodbye to belly fat!

Anti-inflammatory lifestyle

✓ exercise
✓ pollution
✓ belly fat
✓ sleep & stress
✓ smoking & alcohol

EXERCISE

Exercise can save your life

If, besides adjusting your diet, you only do one more thing to beat inflammation, then let it be exercise! Daily exercise keeps inflammation in check so it can't threaten your health and well-being. Even as little as 14 days of inactivity is enough to allow inflammation to flare up, as shown in an experiment where fit and healthy 20 year olds were asked to become inactive, walking at most 1,500 steps a day and stopping all other exercise. These 14 days of laziness were enough to cause an inflammatory flare up. The effect on their body was dramatic. Over the two weeks, fitness decreased by 7 per cent, 1.2 kg of muscle mass disappeared whilst blood sugar levels and fats increased. An MRI scan revealed fat accumulating around the participants' liver, spleen and intestines.

Healthy Muscles, Healthy Body

Several trials have shown that healthy muscles are one of your main allies in the fight against inflammation. Each time muscles contract, they send (muscle) hormones into the blood.

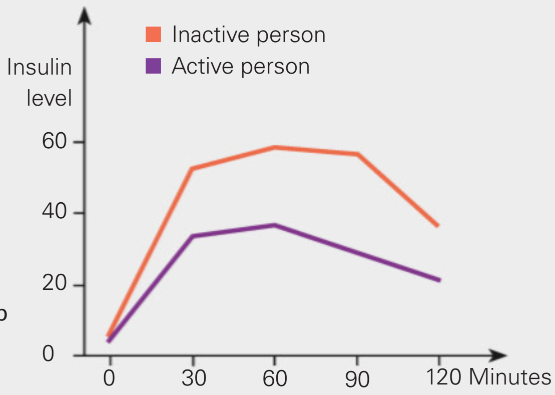
Some of these hormones burn dangerous abdominal fat that is a source of inflammation. Other hormones enable muscles to remove and burn excess fat and sugar from the blood more effectively. As a consequence, you'll need less insulin to keep your blood sugar levels stable. This also give additional protection against inflammation as high insulin levels stimulate abdominal fat growth.

However, if you do not exercise, muscles will become more and more insulin resistant, resulting in ever-increasing amounts being needed to effectively remove and burn sugars and fats from the blood. It's then that high blood pressure, cholesterol, Type 2 diabetes etc. will queue up to shorten your life.

Exercise keeps your brain young and healthy, lifts your mood, helps you to sleep better and improves your memory functions. Exercise stimulates the production of the BDNF hormone, which helps with the formation of new brain cells and nerve connections and reduces the risk of getting depression and/or dementia.

As little as two lazy hours can cause inflammation

An active everyday life is essential to avoid inflammation caused by high blood sugar and insulin levels. In an experiment, scientists administered sugars to both active and inactive (five days of inactivity) people. After only a few hours, measurement showed that people in the inactive group needed 67 per cent more insulin to correct blood sugar levels. People in this group also showed higher blood pressure and more fat in their blood.



Source: Arteriosclerosis, Thrombosis, and Vascular Biology scientific journals

SMOKING

Rid yourself of harmful chemicals – Stop Smoking!

Every puff from a cigarette floods your body with over 4,000 harmful chemicals. As well as destroying your lungs, bringing on shortness of breath and exponentially increasing the risk of developing COPD, they massively increase inflammation.

These 4,000 chemicals are absorbed by – and settle around vital organs, where they cause serious inflammation and allow fat to accumulate. Smokers may look slim on the outside, but the fat is still there. It accumulates around the heart and vital organs and causes 70-80 per cent of all blood clots!

Smoking can also cause dementia and post-menopause, the harmful effects of smoking are exacerbated. But, whatever your age and gender, the only right decision to make is to quit smoking altogether!

Make the right choice now!

PLAN AI – SMOKING

- Mental preparation: start motivating and preparing yourself well in advance. Going cold turkey on a whim almost always fails.
- Choose a day: select a stop date two to four weeks ahead to give yourself time to get ready to stop. Choose a day when something else important is happening to distract yourself.
- Stop altogether: when you stop you should stop completely, don't mess about. Take it seriously with no half measures!

PLAN AI – EXERCISE

- Daily exercise. Just like you have to eat every day, it's best to exercise every day. Going gym-crazy at the weekend after a week of being a couch-potato is ineffective as muscle sensitivity to insulin already decreases markedly after two to three days of inactivity.

- Switch between 3 types of exercise:
  1. Fitness training: work out at least 45 minutes daily. Aim for moderate to high intensity training, that should raise your heart rate and breathing significantly, twice a week.
  2. Strength training: lift weights for at least 45 minutes twice weekly.
  3. Daily movement: for free and simple training; ride your bike to work. Take the stairs not the lift, walk the dog twice a day, stand up at work when you are talking on the phone. Use domestic cleaning or hard gardening as exercise.

- Turn off the TV: we watch around 3.5 hours of TV daily and we also eat in front of the box. Watching television, makes you inactive and increases calorie intake, as we don't notice when we're full whilst glued to the screen. Aim for a maximum of 10

- Write a list of all the benefits of stopping. Read through that list when you have cravings.
- Deal with situations where normally you would smoke, like coffee breaks, telephone calls and watching TV. Find a hobby, create your own way to fight through temptation.
- If possible, go for a walk or bike ride every time you feel cravings coming on. Get your mind to focus on something healthier.

PLAN AI – POLLUTION

- Avoid busy roads on the way to and from work. Cycle on quieter roads and paths, where fresher air, cuts up to 30 per cent of pollution intake.
- Avoid rush hour. If possible, travel off peak.
- If you live on a busy road, open windows on the side of the house away from the road.
- Moving house? Try and avoid houses along large, busy roads.
- Never allow smoking inside your house. Even guests should smoke outside.
- Select only eco-friendly cleaning products.
- Open windows – even if it's only for five minutes – at least twice a day. Create a draft.
- Beware of (scented) candle smoke and fumes from burning food. Always air well.
- Light your wood burner as little as possible even though it's very cosy.

Read the product information before buying things like creams, shampoos, gels and hair sprays. Choose products with the fewest chemical additives – natural is best.

POLLUTION

Protect yourself against chemical cocktails

There's something in the air but we don't know what. Each day we breathe in millions of particles that threaten our health and can make us sick.

One of the greatest culprits is exhaust fumes. If you live in a large city, new research from Professor Steffen Loft at the University of Copenhagen shows that average life expectancy can be shortened by as much as a year.

Whilst cycling will always remain the healthier option to get to work, you'll breathe in toxic nanoparticles on your way through a big city.

According to research by the Traffic Research Institute at Hasselt University in Belgium, you'll be exposed to up to 5.58 million nanoparticles for every metre you cycle! The number drops to 1.1 million in smaller cities.

Your body is also contaminated by food and the products you expose your skin to. E-numbers, colourants and chemical additives as well as mercury, dioxin and PCBs in plastics, food and care products increase your risk of inflammation as they disrupt the natural balance of your body.

Phthalates and oestrogenic-like substances in plastics, packaging, cosmetics and toys can also make you seriously ill.

We don't know all the side effects, but researchers are in no doubt that daily exposure to this chemical cocktail of toxins and particles will cause long term health damage.

BELLY FAT

Your waistline will give you away

Fat deposits around the heart and vital organs are one of the greatest causes of inflammation. You may be slim, but these deposits can easily accumulate inside your body – and are made up of the most dangerous kind of fat. But having a "muffin top" also threatens your health, as both types of accumulated fat degrade the body's insulin function and increase your risk of Type 2 diabetes by at least 20 times.

When overweight, a weight reduction of just five to ten per cent should be enough to restore correct insulin function. Bathroom scales or your BMI are not indicators for inflammation as they don't take in account where fat accumulates in your body. Check with a tape measure. Remember to always measure yourself between the bottom of the ribcage and the top of your hip bone – without breathing in!

Women	Men	Your Health
Waistline Below 80 cm	Waistline Below 94 cm	Congratulations! You have a healthy waistline and have no reason to lose more weight.
Waistline 80-88 cm	Waistline 94-102 cm	Your waistline is average but you'd benefit from a few kilos less.
Waistline Over 88 cm	Waistline Over 102 cm	You are at risk of cardiovascular disease. To start losing weight follow the advice in this article.

PLAN AI – BELLY FAT

- Drop fast-release carbohydrates: white bread, white rice, plain pasta, sweets, cakes, cream, milk chocolate all convert directly into abdominal fat.
- Coarse fibres and protein from lean meat and poultry fill you up quickly. You'll automatically eat less.
- Use only healthy oils, ie. olive oil for cooking. Monounsaturated fatty acids help fight against belly fat. You'll find them in almonds, peanuts, peanut butter, avocado and dark chocolate.
- Build your strength. Strong muscles burn more calories – even while you're sleeping and relaxing.
- Long walks instead of running. Long runs burn off lots of calories, but also increase the risk of you replacing lost calories by going crazy in the fridge when you get home. Multiple, long walks at a fast pace are much better.
- Sleep well and reduce stress. Stress hormones allow abdominal fat to accumulate.

Sleep and rest to fight inflammation

Laying your head down on a pillow is the – often overlooked – easiest and simplest way to fight inflammation. Whether you just take a power-nap or grab your seven to eight hours of sleep at night.

Regularly sleeping less than eight hours exposes your body to chronic stress that will result in an increase of inflammatory abdominal fat.

Obesity and diabetes could develop if you regularly cut your night's sleep short. For example, a study at The University of Buffalo, New York showed that you more than quadruple your risk of getting Type 2 Diabetes if, on average, you sleep six hours or less compared to the recommended eight hours.

Sleep deprivation disturbs the balance between gonadal and leptin saturation hormones, tricking the brain into thinking you're hungry. The pituitary growth hormone is also affected reducing the bodies muscle building and fat burning.

By sleeping well, you also reduce and prevent stress. The stress hormone cortisol weakens the cells' insulin sensitivity, increases blood pressure and stimulates the absorption of fats through the stomach, allowing inflammation to spread.

When exposed to high levels of stress over prolonged periods of time, whether it's caused by pressures in your personal life, your work or just day to day living, the resulting inflammation causes an increased risk of high blood pressure, asthma, ulcers, sleeping difficulties, depression and back pain.

PLAN AI – STRESS

- Be physically active, preferably every day.
- Learn a relaxation technique.
- Strengthen your social network: create some time for family, friends and colleagues.
- Deal positively with stressful situations rather than ignoring them.
- Make sure to always clear the air, don't let frustrations build up, release them, let them go.
- Hold family reunions and create a happy home.
- Prioritise your sleep! You can read how on the next page.
- Short breaks, every hour of the day, give your body and head a chance to breathe out and relax.

STRESS & SLEEP

PLAN AI – SLEEPING WELL

- Get up at the same time every morning, even when you go to bed a bit later and at weekends.
- Do not have an afternoon nap when already having problems getting to sleep at night.
- Get out of bed if you can't sleep and do something quiet instead.
- Do not allow your children and animals in your bed. Perhaps also your partner if they snore!
- Don’t consume coffee, tea, cola or chocolate in the last four hours before bed – the caffeine will keep you awake.
- Don’t go to bed hungry.
- Treat yourself to a quality duvet that is neither too hot nor cold. Change between summer and winter duvets.

ALCOHOL

Alcohol, in small quantities, seems anti-inflammatory. Especially red wine, as grape seeds contains the antioxidant resveratrol, which, in tests, showed that it can help insects to live up to 30 per cent longer. A Canadian study has found that red wine reduces the risk of cardiovascular disease, blood clots and strokes by 14-25 per cent.

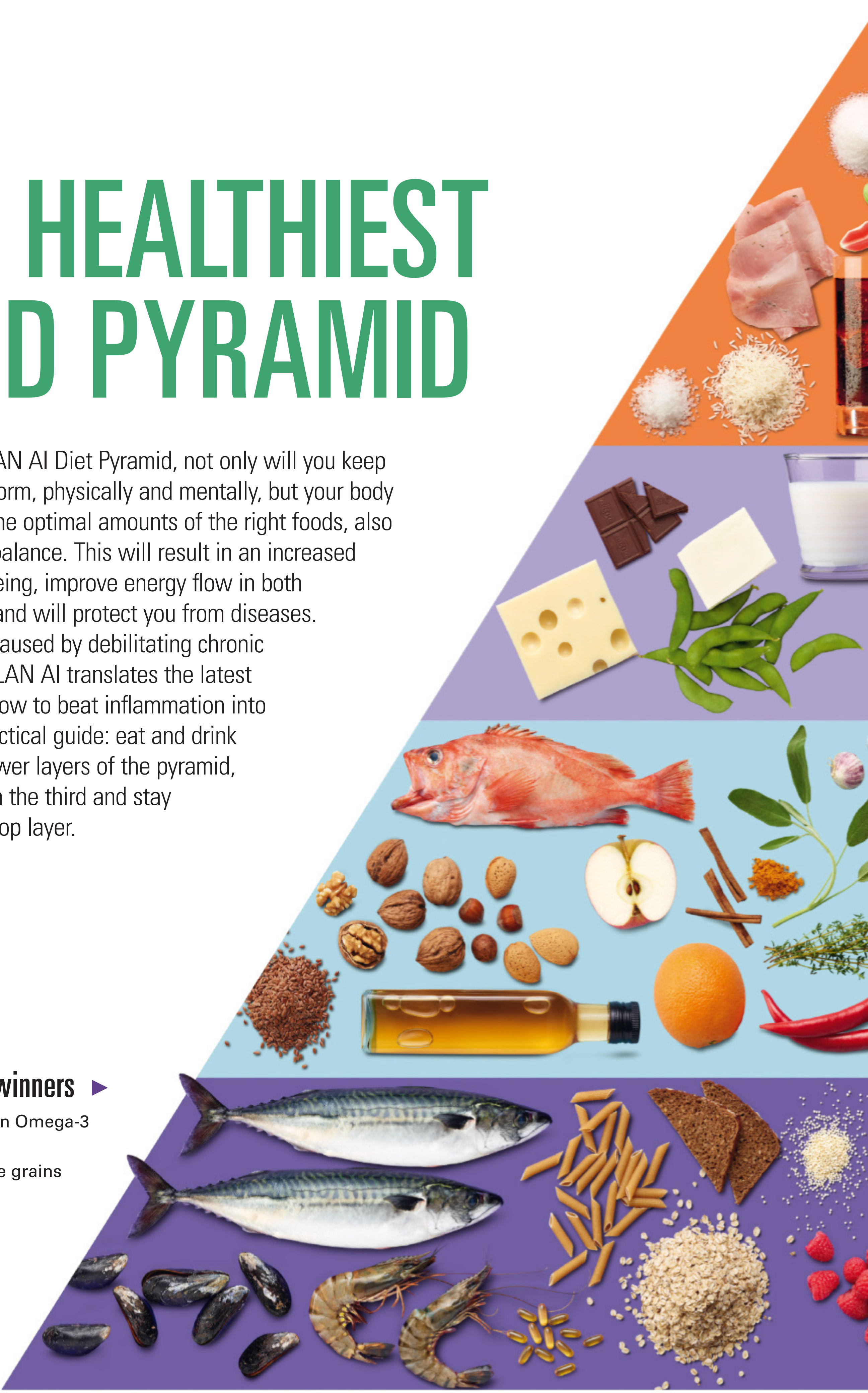
It is important to emphasise that this only works when drunk in small quantities. Women will achieve the greatest benefit by only drinking one measure (15 g alcohol) a day, while men will benefit most with no more than two and a half measures (30 g alcohol).

PLAN AI – ALCOHOL

- Never get drunk. Spread your intake throughout the week.
- Drink alcohol with meals – a bit like the French. Alcohol will be absorbed more gradually and cause less damage.
- Eat more spinach and other green leafy vegetables, especially women, as they are high in folic acid that provides protection from breast cancer. Unfortunately, alcohol increases the risk of breast cancer from the get go.

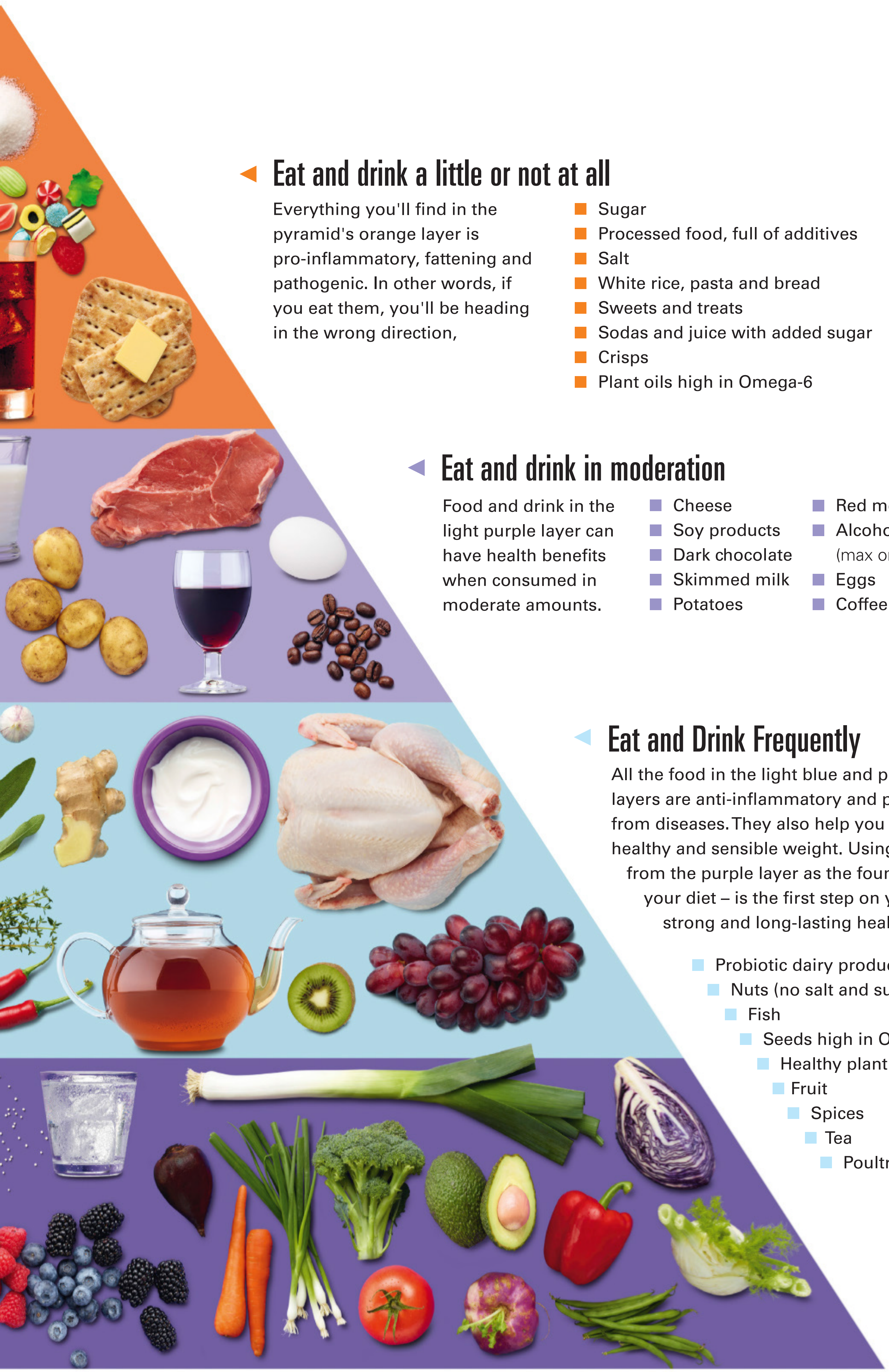
THE HEALTHIEST FOOD PYRAMID

By using the PLAN AI Diet Pyramid, not only will you keep yourself in top form, physically and mentally, but your body will, by eating the optimal amounts of the right foods, also find its natural balance. This will result in an increased sense of well-being, improve energy flow in both body and mind and will protect you from diseases. Namely, those caused by debilitating chronic inflammation. PLAN AI translates the latest knowledge on how to beat inflammation into an easy and practical guide: eat and drink from the two lower layers of the pyramid, moderately from the third and stay away from the top layer.



Start Eating!
These are all winners ▸

- Fatty fish high in Omega-3
- Seafood
- Fibre-rich whole grains
- Berries
- Water
- Vegetables
- Legumes



Eat and drink a little or not at all

Everything you'll find in the pyramid's orange layer is pro-inflammatory, fattening and pathogenic. In other words, if you eat them, you'll be heading in the wrong direction,

- Sugar
- Processed food, full of additives
- Salt
- White rice, pasta and bread
- Sweets and treats
- Sodas and juice with added sugar
- Crisps
- Plant oils high in Omega-6

Eat and drink in moderation

Food and drink in the light purple layer can have health benefits when consumed in moderate amounts.

- Cheese
- Soy products
- Dark chocolate
- Skimmed milk
- Potatoes
- Red meat
- Alcohol
  (max one glass a day)
- Eggs
- Coffee

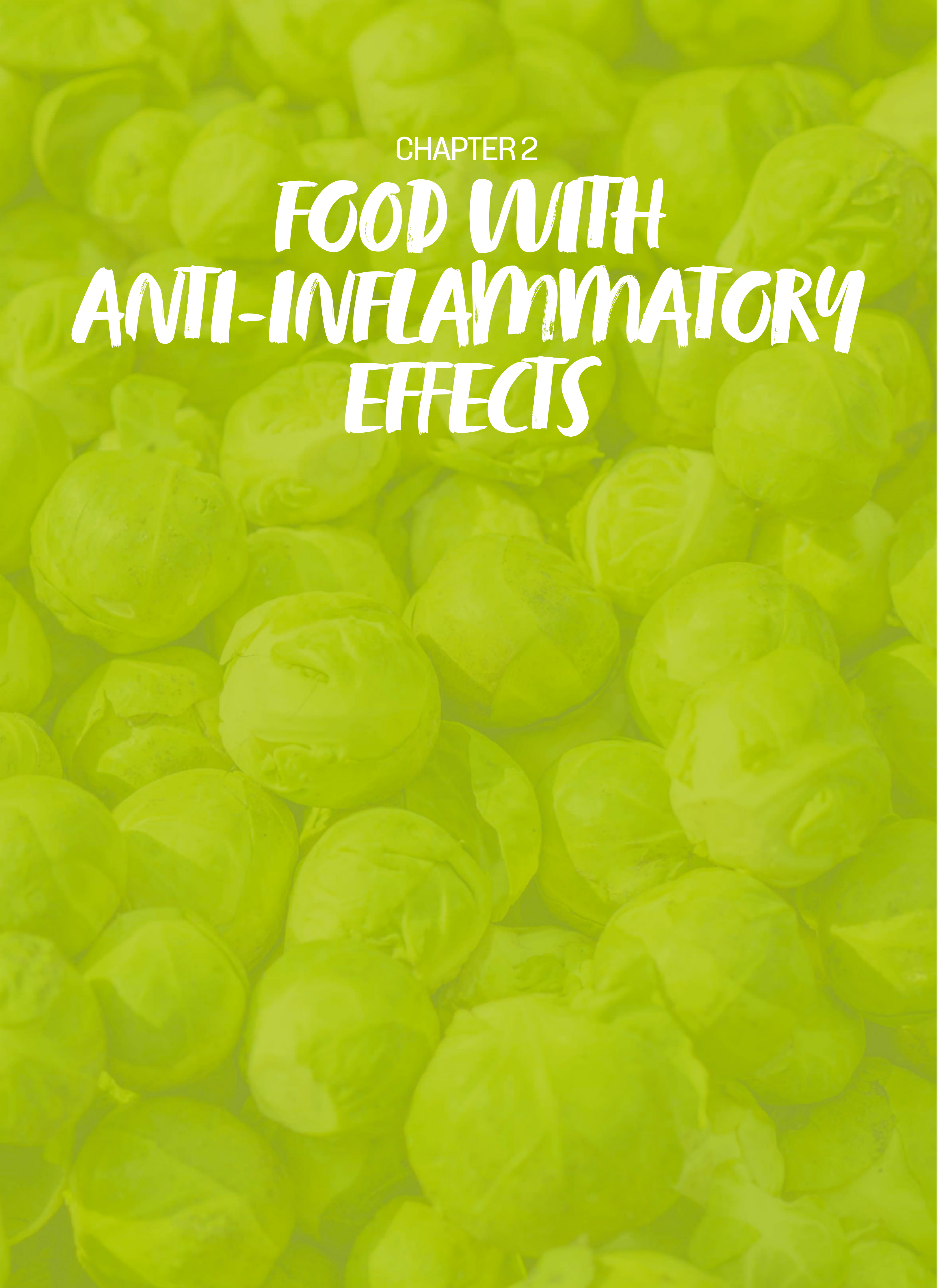
Eat and Drink Frequently

All the food in the light blue and purple pyramid layers are anti-inflammatory and protect you from diseases. They also help you to achieve a healthy and sensible weight. Using the foods from the purple layer as the foundation of your diet – is the first step on your way to a strong and long-lasting healthy body.

- Probiotic dairy products
- Nuts (no salt and sugar)
- Fish
- Seeds high in Omega-3
- Healthy plant oils
- Fruit
- Spices
- Tea
- Poultry

CHAPTER 2

FOOD WITH ANTI-INFLAMMATORY EFFECTS



40

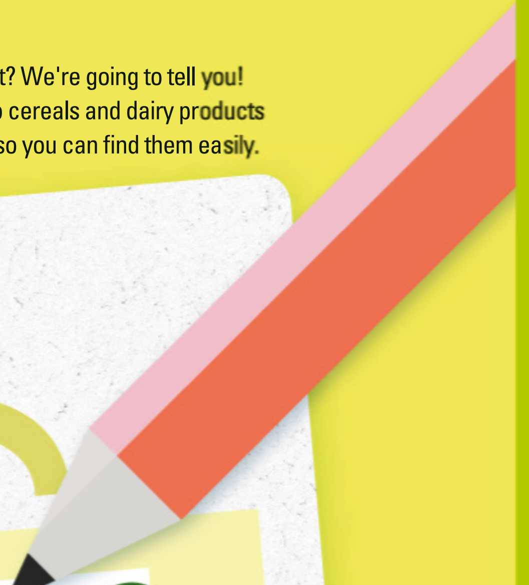
FOODS

to put on your shopping list

As you get into your diet, you'll probably find that you're carrying a lot of healthy food back from the supermarket every week. But are these also the best things you can pick from the shelves? **Our nutrition experts have identified the 40 healthiest foods you simply have to put in your basket** – and inside your body!

This is how we have selected the foods

How do you select the 40 healthiest foods when a supermarket's vegetable section alone could fill the list? We're going to tell you! To ensure the greatest possible versatility, we've covered all dietary items – from vegetables and meat to cereals and dairy products – to choose the best in each category. Also, all foods should be available in a well-stocked supermarket so you can find them easily.



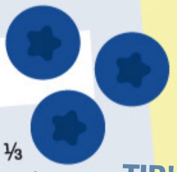
FRUIT

Blue berries

These little health bombs are crammed with anthocyanins, powerful antioxidants that, in addition to pampering your gut flora, protect your body from degenerating.

☐ Blackberries

Like other blue berries, they give you lots of invigorating antioxidants, and the fibre content is top-notch, which boosts digestion. It's only when it comes to vitamin C that blackberries lose ground compared to other varieties.



☐ Blueberries

Just two handfuls of blueberries cover ⅓ of your daily vitamin C requirement, which is an important element in building strong joints and tendons. The healthiest of these are the ones that are blue-violet all the way through – from the outside to the inside.

☐ Blackcurrants

The summer black berry is often overshadowed by the blueberry. In terms of health benefits, blackcurrants can undoubtedly match blueberries. In addition to matching the antioxidant content, blackcurrants contain four times more dietary fibre as blueberries.

☐ Avocado

Do not be intimidated by the calorie content. The brown-stoned fruit with the velvety flesh is nothing less than a nutritional bullseye. It is rich in fibre that promotes digestion and keeps you full, fats that are good for the heart, and antioxidants that keep disease at bay.

☐ Banana

A banana certainly fills you up. It'll fill you up more than any other fruit. At the same time, it is both stomach- and blood-sugar-friendly, and a regular-sized banana only has about 100 kcal.

TIP! If you use frozen berries from the supermarket, cook them for a minute before serving. This way you get rid of any bacteria.

Did you know...
bananas are a cheap alternative to the energy gels you can buy in sports shops?

GREENS

☐ Ginger

The fiery tuber pampers your circulation with substances that have both blood-thinning and anti-inflammatory effects. Numerous studies have shown that ginger curbs motion sickness, seasickness and morning sickness.

TIP! Use fresh ginger to marinate your meat as the tuberous root contains an enzyme that tenderises the meat.

☐ Onions

The onion's primary quality is the pigment quercetin, which studies have shown to reduce the oxidation of harmful cholesterol in blood vessel walls. Quercetin also reuses vitamin E in the body and thus gives the immune system a helping hand.

Did you know...

an onion's content of quercetin works similarly to the antihistamine you can buy over the counter?

☐ Garlic

Dracula's worst enemy contains some powerful components that, in numerous studies, have been shown to strengthen the immune system and make the blood vessels relax. Both benefit circulation and reduce the risk of blood clots. Do you fear garlic breath more than Dracula? Certain foods can also dampen the pungent odour. For example, you can munch on some fresh parsley right after eating garlic.

☐ Artichokes

Artichokes are low in calories but rich in dietary fibre, making them terrific diet food. Some of the fibres are inulin-type, which in studies has been shown to promote the growth of healthy bacterial cultures in your gut.

TIP! Why not make a delicious, creamy hummus made from artichoke hearts and cooked white beans?

☐ Beetroot

Your immune system benefits from beetroot's antioxidants. What makes beetroot a must, however, is its high nitrate content. It causes your blood vessels to dilate, so your blood pressure is kept down and it's easier for you to absorb oxygen.

Did you know...

drinking beetroot juice a few hours before a workout can increase your performance when training?

☐ Mint

Herbs are a good option for your basket as they complete the taste experience. These green leaves are also packed with antioxidants and essential oils that keep your gut active. Keep mint refrigerated as it prolongs its shelf life.

☐ Green peas

These sweet green pearls store both powerful antioxidants and vitamin C, and then they have a fantastic range of nutrients. Among other things, the protein content is much higher than what you usually see in fresh vegetables, and the amount of fibre is also impressive.

☐ Sweet potatoes

Don't replace regular potatoes with sweet potatoes to save calories because the starch and calorie content is almost the same. Sweet potatoes contain beta-carotene, which is good for eyesight – and twice as much fibre as potatoes.

☐ Mushrooms

These tasty fungi are rich in minerals, such as potassium, which lowers blood pressure, and selenium, which strengthens the immune system. They are low in calories too.

TIP! Use mushrooms as a substitute for meat in cooked dishes, or use a Portobello mushroom instead of a burger bun.

Cabbage

The family is vast and covers a range of powerful vegetables, beating ordinary salad vegetables by a long mile. This is why you should include cabbage in your diet every week.

☐ Broccoli

Substances like glucoraphanin, sulforaphane and indole-3-carbinol make broccoli magical. These substances have been shown to reduce inflammation in the circulation and help keep certain cancers at bay. Make sure you don't over boil the cabbage.

☐ Brussels sprouts

Brussels sprouts are one of the healthiest cabbage varieties. In fact, they can do all that broccoli can do – and more. Their fibre content and vitamin C is top-notch. If you are not keen on the bitter taste, remove the outer leaves.

FRIDGE

Fermented dairy

Fermented dairy products are suitable both for breakfast and as a dressing. And if you choose low-fat and sugar-free, they are even super-healthy.

☐ Skyr

With 10-12 grams of protein per 100 ml and quite a bit of fat, skyr is the dairy world's answer to chicken breast. Perfect if you are chasing maximum fullness without overdoing the calories.

TIP! If you do not like your skyr too thick, stir some water into it to thin it down.

☐ Kefir

The unique feature of kefir is its added probiotic lactic acid bacteria, which regular yoghurt doesn't contain. The bacteria survive the journey through the stomach, until they land in the intestine, where they help to create a strong and healthy gut flora.

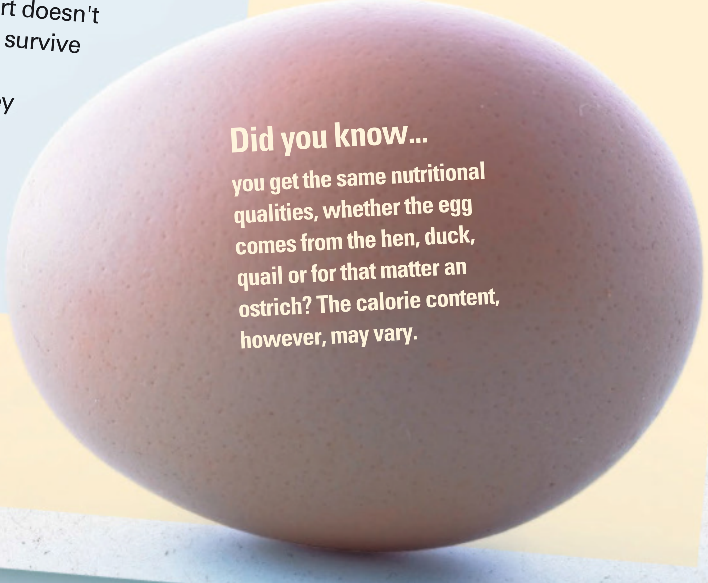
☐ Parmesan

With over 33 grams per 100 grams, the protein content is 50 per cent higher than the protein some of the best cold meats deliver. The tasty cheese is also rich in calcium, which helps to keep bones strong, and is also low in calories.

TIP! A block of parmesan lasts better than the grated variety, which can easily get wet and mouldy due to condensation.

☐ Egg

The humble chicken egg has had a hard time losing the reputation that it raises cholesterol levels. Behind its fragile shell, however, the oval protein bomb is crammed with powerful substances that promote recovery, have an anti-inflammatory effect and strengthen the immune system.



Did you know...

you get the same nutritional qualities, whether the egg comes from the hen, duck, quail or for that matter an ostrich? The calorie content, however, may vary.

PANTRY

☐ Tofu

If you want to cut down on your meat intake, the protein-rich soybean curd is an excellent substitute. The protein content of tofu, however, is only half that of meat, so be generous with your portions, especially if you train hard.

☐ Olive oil

¾ of olive oil consists of MUFA, a group of fats that have been shown to have a strong anti-inflammatory effect. If you choose a cold-pressed virgin olive oil, you will also get antioxidants that strengthen the immune system.

Did you know...
you can use olive oil for frying and still benefit from its healthy qualities as long as you do not overheat the oil and burn it?

☐ Rye bread

A sourdough-based wholemeal rye bread not only is bursting with vitamins and minerals, but is also rich in soluble fibre, which swells in your gut and helps to keep cholesterol levels down, blood sugar stable and fills you up.

☐ Oatmeal

The grey grains are some of the healthiest fast food you can eat. Oatmeal is packed with vitamins, minerals, fibre and healthy fatty acids. In particular, digestive-friendly dietary fibre content is high, so the breakfast classic has a positive effect on both blood pressure and cholesterol levels.

TIP! Cold leftover oatmeal works perfectly in smoothies as it fills you up.

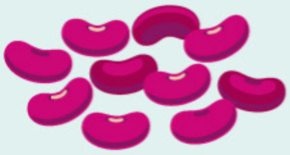
TIP! The longer you brew tea, the more strength you get from the leaves.

☐ Tea

The piping-hot drink makes a good change from water, as it indulges your immune system with restorative antioxidants. And the best bit is that if you drink it with nothing added, it is even calorie-free.

☐ Dried beans

Whether they are brown, white or black, their protein content matches that of meat and fish. Beans also provide antioxidants and long-lasting carbohydrates so deliver a good balance to whole grain products. Be sure to soak them before cooking, and boil them in fresh water so that the beans' disease-causing lectins disappear before they are cooked.



☐ Dried lentils

With a protein content of 25 per cent, dried legumes have similar protein to meat, and they are a good source of iron. 100 grams provide 50-75 per cent of your daily iron requirement. Lentils are also easy to prepare as they do not need soaking before cooking.

☐ Quinoa

When it comes to fibre, vitamins and minerals, these small seeds with a nutty taste trump both bulgur, pearl barley and other powerful grains by up to 50 per cent. The iron content of quinoa is on par with the best meat, and as a bonus, quinoa also contains Omega-3 fatty acids, which will help you get rid of inflammation.

Nuts

If you want to nurture your heart, you may want to add a few handfuls of nuts to your daily diet.

☐ Pecan nuts

They have been shown to help your circulation and even "boast" heart-friendly properties. Among other things, they have been shown to reduce cholesterol and fat levels in the blood.

☐ Hazelnuts

With their high content of healthy fats, digestive-friendly dietary fibre, strengthening antioxidants and vitamin E, these little round nuts look after your body.

☐ Peanuts

The elephant's favourite snack is a real protein bomb that is also rich in vitamins and antioxidants. Peanut butter contains the same qualities as raw nuts.

☐ Almonds

Research has shown that eating 30 grams of almonds a day, reduces the risk of cardiovascular disease by 30 per cent.

FISH & MEAT

Seafood

We don't eat enough fish in our diet. What a shame! For nutrition, seafood is a great choice!

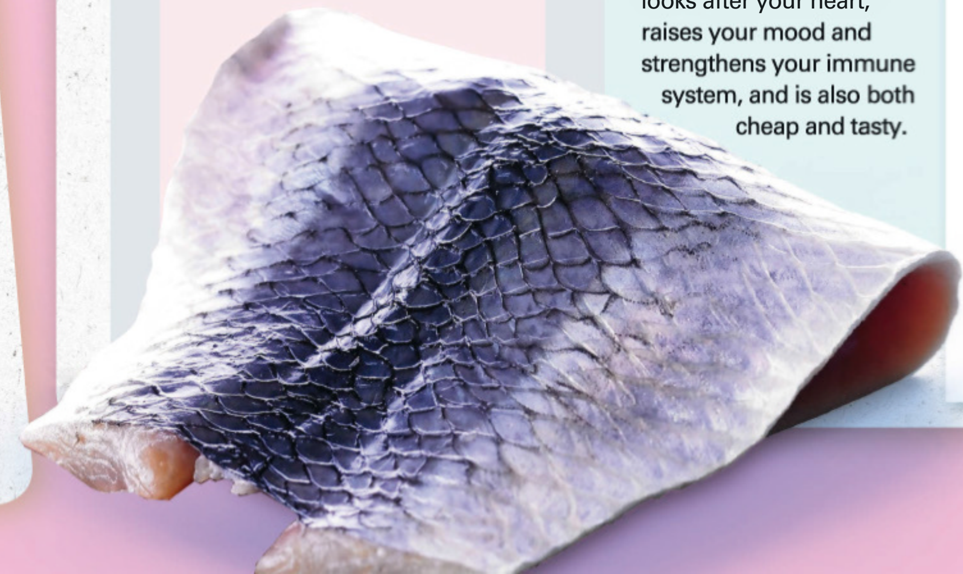
☐ Prawns

A combination of filling proteins and lean flesh make prawns super diet food. The shellfish are rich in selenium, which strengthens your immune system.

TIP! If you buy frozen prawns, thaw them slowly. This preserves as much taste as possible.

☐ Mussels

If you lack iron, you can refuel with mussels. The meat from the delicious seafood contains much more iron than regular meat – and at least as much protein. Also, they are full of healthy fats.



Fatty fish

When the fish "steals" the place from the meat, you get healthy oils, and save on saturated fat and salt.

☐ Mackerel

If your mood is dark, mackerel might be the solution. The fatty fish often served with tomato sauce, is an excellent source of vitamin D, which strengthens the mood, teeth and bones.

☐ Salmon

If you choose a quality salmon, you will not only get a wonderful flavour but also vitamin D in such large quantities that virtually no other food can match it.

☐ Herring

The Christmas classic looks after your heart, raises your mood and strengthens your immune system, and is also both cheap and tasty.

☐ Chicken breast

Lean, high in protein and affordable. There are many reasons to favour chicken breast. Unlike red meat, cancer researchers have not found any increased cancer risk from eating poultry – even if you eat a lot.

☐ Stock

If there is a chicken carcass left from dinner, don't waste a moment; cook a broth. The concentrated bone reduction is filled with collagen, which strengthens both your immune system and your joints.

4 tips to shop more healthily

- **Buy organic.** The bio-label is a guarantee of a reduced use of pesticides and other nasty substances in the product.
- **Steer clear of products where the raw ingredients are processed beyond recognition.**
- **Limit e-numbers.** While far from all e-numbers are dangerous, a large number suggest a highly processed product.
- **Choose fresh or frozen greens over preserved ones.** They provide more vitamins and a fresher taste and you avoid potential toxins from the packaging.

Feel the love of CABBAGE

Cabbage is one of the healthiest things you can eat! Yet, people still struggle to turn it into delicious meals. You need to put your preconceptions on the shelf and think creatively. **We show you how to get more cabbage on your plate and share in all the benefits.**

It smells, gives you gas, is boring, and far from child-friendly. Are these the first thoughts that pop into your head when you think of cabbage? It's a shame! For cabbage is more than gas, smell and a dull taste. It can be inviting, crispy, delicious, and healthy. Yes, it's so healthy that a few years ago Norwegian researchers voted broccoli and cabbage to be in the top five of the world's healthiest vegetables.

There are also more and more of us who put broccoli and its cabbage cousins into our shopping basket. Although sales have increased significantly over the last decade or so, figures show the vegetable has a bad reputation with the young. People between 55 and 74 have the greatest appetite for cabbage. They eat twice as much as those between the ages of 15 and 34. So even though cabbage is gaining ground, there is still a long way to go before the crunchy vegetable becomes our everyday favourite. There are plenty of reasons to choose this green veg.

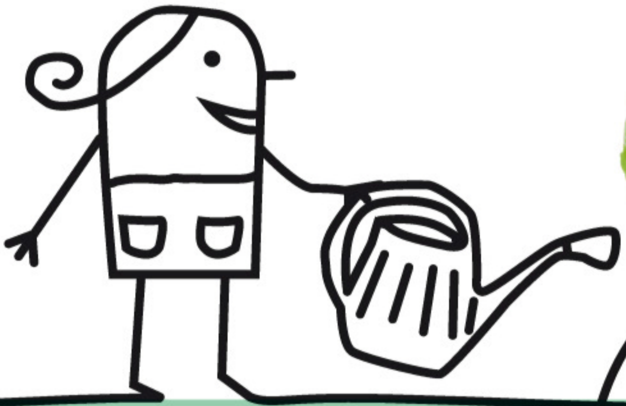
So, so healthy

One of the biggest reasons is health. First, cabbage is super-healthy for the sole reason that you can eat huge amounts without being overloaded with calories. At the same time, the vegetable brims with dietary fibre, which keeps your digestion buzzing and keeps you full for a long time. Also, it is packed with vitamins and minerals and not least plant compounds. The high levels of healthy compounds give cabbage properties that benefit your immune system. Yes, so good that several studies have shown that cabbage reduces the risk of cardiovascular disease, arthritis and several cancers. For the same reason, the Danish Cancer Society encourages eating from the entire cabbage palette.

To reap the full benefits and the healthy bonuses, however, you need to eat a lot of cabbage and preferably several times a week. But something is better than nothing, and if you are not used to chomping on cabbage, it may be an idea to build it up slowly so that the potent fuel does not create a gassy momentum. It is normal for cabbage to make you gassy, but it is worse initially, and it helps to chew the cabbage well. Your body will benefit from choosing cabbage, and there are even more benefits from putting the crispy veg on the menu.

Healthy for your wallet

A low price, environmental friendliness and long shelf life are three small practical reasons to choose cabbage. Just think of a large head of cabbage that you can take home ▶



CAULIFLOWER is very versatile with its nutty taste. If you eat it raw, you get the most from the strong antioxidant, allicin.

BROCCOLI is incredibly useful and one of the heavyweights among vegetables because it is packed full of healthy benefits.

KOHLRABI (cabbage turnip) has a round "head" which is mild and juicy. Kohlrabi is especially good eaten raw.

PALM CABBAGE (black Italian cabbage) has similar qualities to broccoli, but its shape is more reminiscent of kale.

for less than $3 / £2! This means that you get loads of food for the same price that you have to pay for a couple of avocados – and add to that it's an environmentally friendly food.

Cabbage thrives in a cool climate. Cold cabbages from cold latitudes often taste better than their southern European counterparts, and at the same time, they generally contain fewer pesticides.

So it's just a matter of taking advantage of the fact that cabbages grow in long rows in North European fields, so you can get them fresh all year round. This is because some types of cabbage, like Brussels sprouts and white cabbage, have a long season and that different types of cabbages' blooms are staggered – for example, sweetheart cabbage is a summer vegetable while kale blooms during the long, dark winter months.

Then there is its shelf life. It is long-lasting and can beat most other vegetables by a mile. If you and the family can't work your way through several kilos of white cabbage in one sitting, put the rest in the fridge for another day. It can live there for up to a month without going rotten. This is a good reason to buy it regularly because there are so many different types that you'll experience something new every time you try a new variety.

Avoid challenges

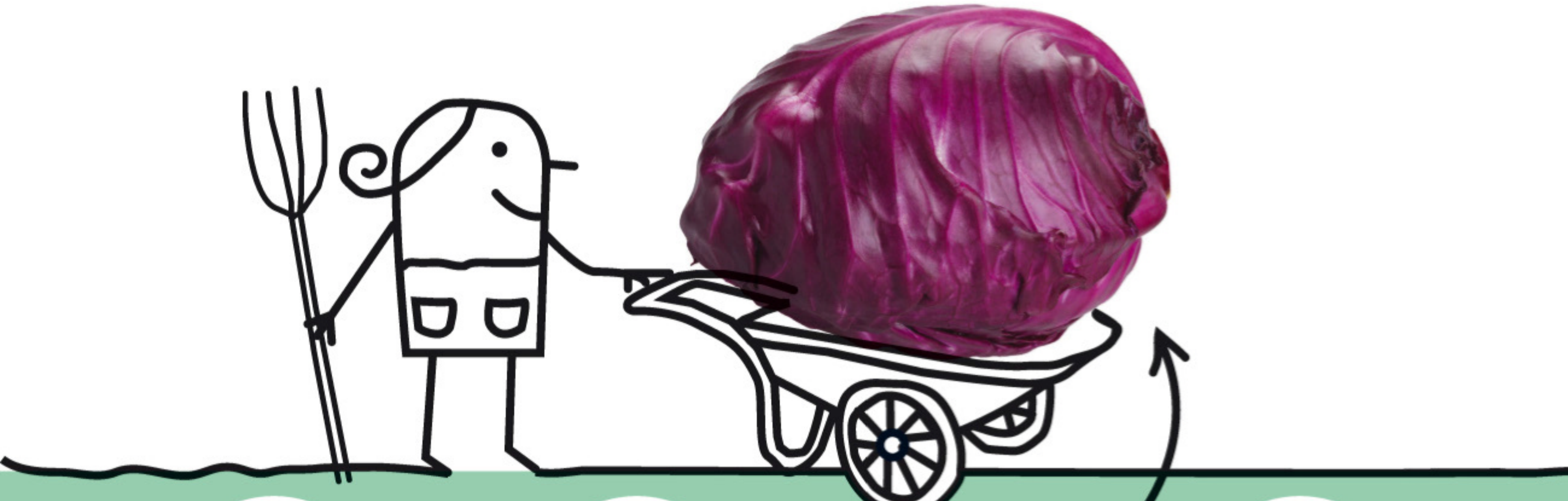
If it is healthy, cheap and good for the environment, why aren't we eating it all of the time? The most likely answer is that cabbage is often poorly cooked – and the biggest enemy of all is overcooking! Boiling dents any healthy benefit. Broccoli loses 75 per cent of its healthy nutrients after half an hour in the pot, studies show. At the same time, when it boils, it creates acrid fumes, so the cabbage becomes more harmful than beneficial to your health. So you want to avoid the strong smell and watery taste.

DID YOU KNOW...

The easiest way to cut cauliflower and broccoli is by slicing it like bread? Then you can easily cut the slices into smaller pieces.

The trick to this is finding other cooking methods to avoid a dish of sloppy, wet veg. Fortunately, there are plenty of alternative ways to go, like raw, marinated, grilled, baked, steamed and fried, all of which are good company for cabbage.

Speaking of good company, for those who like it, raw cabbage has a bitter after taste. The characteristic cabbage taste comes from the mustard oils in the cabbage. And for those who don't, neutralise the bitter taste with sour flavours such as lemon juice or



RED CABBAGE is best finely chopped. The crisp texture shows that it contains plenty of dietary fibre.

SAVOY CABBAGE low in calories, contains lots of fibre and strengthens your immune system.

ROMANESCO has emerged as a cross between broccoli and cauliflower, replace it for either in a recipe.

WHITE CABBAGE (green cabbage) contains beneficial antioxidants and is low calorie, making it good to eat when you're on a diet.

apple cider vinegar. Most people – and not least children – will appreciate this. Then, we need them to sit down and eat the cabbage.

Most families with children are probably familiar with the sulk that comes when cabbage is on the menu, but this can be overcome if the cabbage tastes different and is served in more interesting ways. You can, for example, "disguise" the cabbage by making BBQ cauliflower, where the florets are marinated and put on skewers, as you would normally do with chicken. Also, trying one of the new varieties can boost their enthusiasm for cabbage. It can be, for example, tenderstem broccoli, which has a mild taste and texture in the style of asparagus, or summer white cabbage, which is very reminiscent of sweetheart cabbage, as well as purple and yellow cauliflower, which bring a colourful element to any dining table.

Hopefully, we've convinced you that cabbage is your friend in the kitchen and for your body. So, remember it the next time you are planning the week's meals. Of course, it's about making it as easy and tasty as possible. On the following pages, we have put together some tips that will make it easier to feel the love of cabbage. Bon appétit!

2 KG CABBAGE A WEEK

eat this as a minimum to get the full benefit of cabbage. It is about 300 g per day. But remember that a little is better than nothing. If you manage to put cabbage on the menu just a few days a week, you will have come a long way.

BRUSSELS SPROUTS

may have a strong taste and smell, but it is not so bad. This is because the small balls are full of plant compounds.

CHINESE LEAVES

(Napa cabbage) has a trump card in its mild taste, which means that it does not smell very much when it's cooking.

KALE

is stuffed with dietary fibre, keeps you full and is easy to digest. Marinate or cook it to get rid of the strong cabbage taste.

SWEETHEART CABBAGE

(pointed cabbage) has a mild, lettuce-like flavour and is therefore a good "beginner's cabbage" served with a tasty dressing.

CABBAGE DIP

Sneak this super-healthy vegetable into a dip. Cabbage is a perfect substitute for other veg.

WHY NOT TRY...

- replace watery cucumber in tzatziki with white cabbage, kale or savoy cabbage.
- replace basil with kale or with cauliflower and broccoli leaves when blending a pesto.
- use cabbage, something like kohlrabi, instead of tomatoes in a salsa.

REMEMBER THE STALKS

You may use the florets on broccoli and cauliflower, but what about the stalk – does it end up in the bin? If so, you are throwing away lots of good dietary fibre. Grate it into a raw food salad or cut it into small cubes and use it in a stir fry, in tomato sauce, a pie or curry. You can also blend it with juice or in a smoothie.

GET A CABBAGE BOX DELIVERED

Once there's cabbage in the fridge, there is a greater chance that it will also land on your plate. There are several options for getting cabbage delivered right to your door – both from online supermarkets and from meal box providers.

MAKE GREENS THE STAR

Traditionally we eat meat. We eat meat with rice, potatoes or pasta. And what about accompaniments? It's the traditional way of creating a dinner. However, you can gain a lot by turning it on its head and starting with cabbage: today we need cabbage – what goes well with it? Then you make sure you remember the cabbage.

THE SHORT WAY TO MORE CABBAGE

Grated, pan-fried, blended into pesto. Cabbage's path to the dining table is unfathomable. Find ways to use more cabbage with these specific tips that you can utilise today.

CUT MORE AT A TIME

It takes time to slice, chop and cut – especially when the pieces must be small, as cabbage is usually more delicious that way. So when you are up and running, make bigger portions that you can use over the next few days.

VEGETABLE PASTA

Cabbage strips are delicious as a healthy pasta alternative. Cut the outer leaves from sweetheart cabbage or white cabbage into thin strips. For a more al denté pasta, blanch cabbage strips briefly in a boiling stock.

GET A MANDOLINE

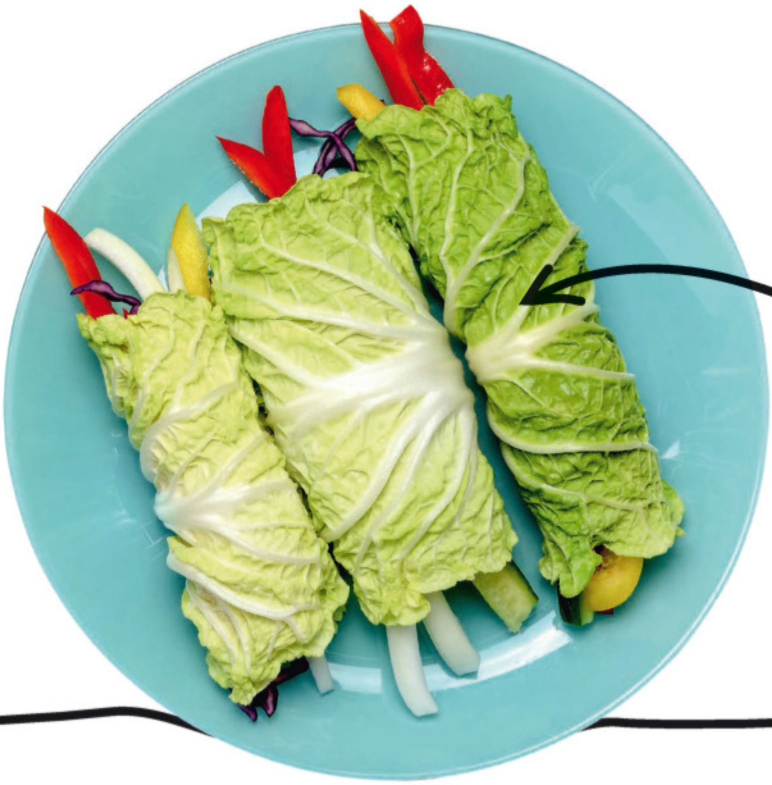
Small pieces are the way forward when you want to make cabbage lighter and easier to chew. Here, a mandoline is your friend. Cut cauliflower and broccoli into thin slices and toss them in an oil-vinegar dressing for a lighter salad.

NOTE STORAGE

It is important that you store the cut cabbage in an airtight container in the fridge. That way, you preserve as many nutrients as possible.

REPLACE MEAT

Try replacing minced meat with cabbage when making meatballs. The cabbage should first be boiled or fried in the oven, then finely chopped and mixed to a mince. You can also bake a whole head of cauliflower with spices in the oven instead of a roast.



ROLL THEM

Large cabbage leaves are an imaginative substitute for tortillas, tacos, hot dog rolls, pancakes and can even be used as tasty, green and edible bowls stuffed with a delicious filling.

USE YOUR IMAGINATION

Historically we have always known to dump cabbage in a pot of boiling water – not very imaginative! Try steaming cabbage briefly in a pan and then frying it with garlic and spices, or make four boats from the leaves, which you fry in olive oil and sprinkle with grated lemon zest.

SNEAK IT IN

The more cabbage, the better. Add it to all the meals you can think of – from lasagne and stews to mashed potatoes and soups, in pizza topping and homemade bread. When you make a dish, make it a habit to google the name in combination with the word "cabbage" to get new ideas.

BLENDED RICE

Put cauliflower or broccoli in a food processor, and blend it into small pieces. Put the pieces in a bowl, pour over boiling water, and drain the water after a minute. Voilà! You have made vegetable rice in under half the time it takes to cook regular rice.

OLIVE OIL

the smartest anti-inflammatory choice

Your cardiovascular system jumps for joy every time you pour olive oil over your salad. The fatty green drops are packed with **healthy fatty acids that benefit your cholesterol levels, your circulation and your heart.**

Is olive oil healthy?

Yes! Olive oil is full of monounsaturated fatty acids, which are good for your heart and your circulation.

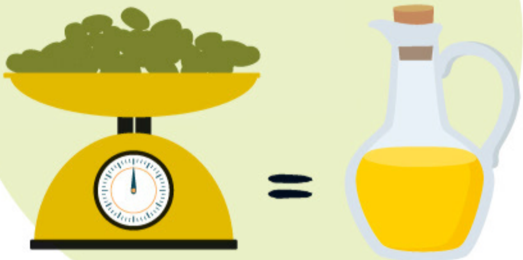
However, olive oil is also high in calories, so even though it is healthy for you, use too much and you'll start to see the weight creeping up.

Optimally, it's better to eat olive oil in preference to other fats in your diet, such as butter. Doing this reaps double benefits. For the same amount of calories, you get more healthy monounsaturated fatty acids from the olive oil and less saturated fat from the butter. And that's a good thing, because if you have a high saturated fat intake it can increase your cholesterol levels and also your risk of cardiovascular disease.

Olive oil also compares favourably with other vegetable oils such as sunflower oil, corn oil and grape seed oil. Unlike these other oils, olive oil contains almost no Omega-6 fatty acids, which are essential for life but taken excessively can have an inflammatory effect. Most of us consume too much Omega-6 without even thinking, as it is cheap and, therefore, widely used by food industry.

Did you know...

that there are about 15-20 kg of green olives in every litre of extra virgin olive oil?



What is olive oil good for?

CHOLESTEROL, BLOOD PRESSURE AND HEART HEALTH

The high levels of monounsaturated fatty acids in olive oil help to lower your cholesterol levels. Low cholesterol leads to a reduced risk of atherosclerosis, high blood pressure and cardiovascular disease. A US study from 2022 shows that an increased intake of olive oil is associated with a lower risk of dying from cardiovascular disease as well as several other conditions.

IT HAS AN ANTI-INFLAMMATORY EFFECT

Olive oil's many antioxidants are considered to have an anti-inflammatory effect on your body. Inflammation is linked to conditions like arthritis, type 2 diabetes, overload injuries, eczema and dementia.

What are the health benefits of olive oil?

Olive oil is known to be high in **monounsaturated fatty acids**. At the same time, it is low in **saturated fat and Omega-6 fats**, which is good. Olive oil also contains **vitamin E.**

As for cold-pressed olive oils, they are rich in polyphenol antioxidants.

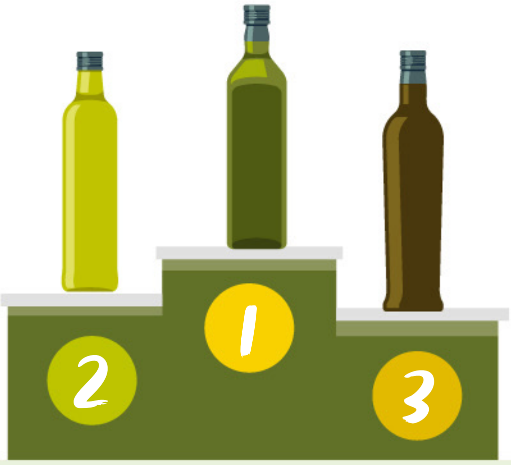
OLIVE OIL PER 100 G

Calories	900 kcal
Vitamin E	5 a-TE
Fat	100 g

Fat composition of olive oil, butter and sunflower oil per 100 g

	OLIVE OIL	BUTTER	SUNFLOWER OIL
Saturated fats	12.2 g	53.5 g	10.2 g
Monounsaturated fats	74.7 g	16.9 g	22 g
Omega-3 fats	0.6 g	0.5 g	0 g
Omega-6 fats	8.1 g	1.3 g	63 g

Source: DTU National Food Institute



What is cold-pressed olive oil?

If something is cold-pressed it means no heat is used to extract the oil from the fruit. Using heat gives the producer a higher yield, but it also removes some of the flavour and aroma. Both extra virgin olive oil and virgin olive oil are cold-pressed.

3 qualities of olive oil

1 **Extra virgin olive oil**
Extra virgin olive oil is harvested from fresh, perfect olives and collected by mechanical means. No chemical solvents may be used. To be included in this category, the oil must also pass a lab test and a flavour test. Extra virgin olive oil will always be cold-pressed and of the highest quality.

2 **Virgin olive oil**
Virgin olive oil is the second-best quality oil. It is produced the same way as extra virgin olive oil, but up to 20 per cent of the olives used can have blemishes. For example, they may have been frozen, have been lying on the ground or have been slightly crushed during transport. So, the flavour and aroma will not be of the same high quality as extra virgin olive oil. Virgin olive oil, however, will always be cold-pressed.

3 **Olive oil**
If your oil is called simply 'olive oil', it is a refined oil that has been blended with a small amount of virgin olive oil. Olive oil is refined to remove bad smells and flavours. Unfortunately, refining also removes the good odour and the taste of the oil. Both chemicals and high temperatures are used when refining an oil.

Which olive oil has the best flavour?

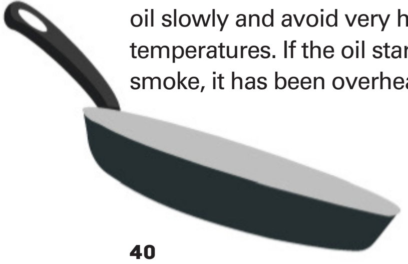
This is impossible to answer as it depends entirely on your palate. Generally speaking, extra virgin olive oils have a stronger olive flavour, which some people love, while others find the flavour too pungent.

Flavour is important when you use the oil on its own, for example on your salad or for dipping your bread. It matters less if it's used for frying.

Is olive oil good for frying?

Yes! The DTU National Food Institute has studied the effect of cooking time and cooking temperatures on a number of vegetable oils. The study shows, among other things, that oils with a low concentration of polyunsaturated fatty acids, such as Omega-3 and Omega-6, are generally the most stable, which makes olive oil suitable for frying.

When frying, heat the olive oil slowly and avoid very high temperatures. If the oil starts to smoke, it has been overheated.



How to store olive oil

If you want to store your good olive oil in the best possible conditions, consider these things.

A DARK SPACE

Olive oil doesn't like light, so keep it off the windowsill. A dark kitchen cupboard is perfect. Think about buying olive oil that's sold in a dark bottle or tin too.

A COOL TEMPERATURE

Keep the temperature of your oil to around 15ºC. If you store it in a kitchen cupboard, don't choose the cupboard right next to the hob where it's very hot.

If you store your oil in the fridge, it will solidify at low temperatures. This is not dangerous, and the oil will liquefy when it comes back to room temperature, but it's not ideal if you want to use the oil right away.

SCREW THE LID ON TIGHTLY
Olive oil is sensitive to oxygen, so make sure you screw the cap on tightly every time you use it. Don't buy too much at once. Consider buying a bottle the size that you'll use quickly, so it doesn't go off.

Here's how to use olive oil

On a salad

Whatever salad you have on the menu, a few generous splashes of olive oil will give it more depth and flavour. Cabbage salads particularly are more easily digested with a little lubrication from a pure oil or a vinaigrette. Use extra virgin olive oil for a fuller flavour.

In pesto

You can buy good quality pesto, but always check that it is made with virgin olive oil or rapeseed oil. These are usually the pestos you'll find in the chilled cabinet in the supermarket or you could make it yourself.

As a dip for bread

It doesn't get any easier – or much better – than this. Cut some bread, like focaccia, into slices or large cubes and serve with extra virgin olive oil in a small bowl. Sprinkle a few flakes of salt in the oil – and dip!

For garlic bread

Garlic bread is a great favourite. It's not the healthiest food in the world, but it's a tad healthier to make it yourself with wholemeal French batons and olive oil rather than choosing the white store-bought one with garlic butter.

In dressings or marinades

Olive oil is your best friend if you're making a vinaigrette for your salad or vegetables, or marinating meat or chicken. They are a great addition to your food and don't take much time to prepare. Check out our easy recipes here.

- **Vinaigrette**
  Whisk 2 tbs extra virgin olive oil with 1 tbs balsamic vinegar, 1 tsp honey, salt flakes and freshly ground pepper. Add a little Dijon mustard and season to taste. Use the vinaigrette for your salad, oven-baked root vegetables or freshly cooked green beans.
- **Marinade**
  Mix a marinade of 2 tbs extra virgin olive oil, 2 tbs soya sauce, 2 tbs oyster sauce, a little lemon juice, finely grated garlic and ginger. Toss the meat or chicken pieces in the marinade, place in a freezer bag and chill in the fridge for at least 30 minutes. Then grill or fry as normal.

In hummus

Yes, you can make a low-fat hummus without olive oil, but it won't taste nearly as good as the original. Try out our great recipe.

HUMMUS

- **1 can of chickpeas**
- **1 tbs of extra virgin olive oil**
- **Sea salt**
- **Black pepper,** freshly ground
- **1 tbs light tahini**
- **2 cloves of garlic**
- **½ lemon,** juice
- **1½ tsp ground cumin seeds**
- **½ tsp paprika**
- **3 tbs water**

1. Blend the chickpeas with all the other ingredients.
2. Arrange on a dish with a little olive oil, paprika, finely chopped herbs and couple of lemon slices.

NUTS

nature's fat-rich snack

A good handful of nuts a day. There is no need for any more to **reduce your risk of cardiovascular disease, strengthen your digestion and fight inflammation and diabetes** – and they taste SO good! Get to grips with nuts' many healthy benefits and find inspiration to work them into your meals.

How healthy can a little brown nut be? Very. Because a nut is not just stuffed with healthy fats – it also abounds in fibre, vegetable proteins and microscopic chemicals that work small miracles for healing and your health.

The fat is one of the nuts' biggest pluses. It is unsaturated fat, and for most nuts, it is the healthy monounsaturated fat, also called MUFA fat, which is the type we should look for in our diet. Monounsaturated fat increases the blood's content of good cholesterol (HDL), which keeps your blood vessels in top shape so that cholesterol doesn't settle in your blood vessels.

HDL cholesterol prevents atherosclerosis and, in turn, high blood pressure and blood clots. So, it benefits your heart and circulation. Research from the Danish Heart Association shows that 30 grams of nuts a day can lower your risk of cardiovascular disease. 30 grams equates to a small handful of nuts, and this is also the recommended amount that we eat a day – unsalted, of course. Many of us already eat too much salt, and salt can increase blood pressure. So, salted nuts can counter some of the positive effects of the fat.

Research also shows that a diet high in monounsaturated fat has an anti-inflammatory effect on your body. This means that fat helps your immune system to fight any inflammatory conditions, for example arthritis, repetitive stress injuries (RSI), eczema, atherosclerosis and painful overload injuries.

Nutritionist Martin Kreutzer, who has written several books on the anti-inflammatory diet, recommends that you eat 50-75 grams of nuts a day to achieve an optimal effect. If you're not keen on nuts, you will also find the same healthy type of fat in avocado, olive oil and rapeseed oil.

Better benefits than you think

Fat is not the only benefit you get from nuts. You'll also find significant amounts of saturating proteins in the small, brown health bombs and as these are vegetable proteins, they do not have the same potency as animal protein but they still help keep your blood sugar stable. Thus, nuts can help prevent type 2 diabetes. According to the Diabetes Association, you can benefit from eating two handfuls of nuts a day – just be aware that fatty nuts are still high in calories.

It is good to know that nuts, according to studies, fill us up so much that many of us will eat less food at our next meal. Some of the nuts' calories are not absorbed, as some of the fat passes directly through

Eat the brown husk
This is where much of the nuts' antioxidants are hidden, for example, in peanuts, hazelnuts and almonds.

Nuts are climate-friendly – and if you choose nuts grown locally, the climate impact is even less.

your gastrointestinal system without settling in your body – smart! This fortunate effect is probably due to nuts' dietary fibre content.

Good for your gut

The dietary fibre strengthens your digestion, as it stimulates bowel movements, so you avoid constipation. At the same time, the fibre nourishes your gut's healthy bacteria, so you can build a healthy gut flora, which is important for your immune system's health.

You will find fats, proteins and dietary fibre in all kinds of nuts to varying degrees. They also contain a wide variety of vitamins, minerals and microscopic plant compounds in the form of antioxidants.

You can read more about which substances they are in our little nut guide on the next page.

And now, you have hopefully opened a large bag of unsalted nuts and are munching and celebrating the good you are doing for your body. Here's another positive thing to polish your halo with.

Nuts have a low climate impact and give you far more climate-friendly proteins than if you eat meat or cheese, for example. So don't miss out and have some today.

7 healthy NUTS ▶

7 healthy NUTS

Hmmm. Which nut should I choose? All of them – because they contain a variety of vitamins, minerals and antioxidants. So, you get extra health benefits if you vary the nuts you eat.

All descriptions are per 100 g

Hazelnuts

Energy: 598 kcal
Protein: 14.9 g
Fat: 49.3 g
Dietary fibre: 8.2 g

Hazelnuts contain lots of vitamin E as well as nice amounts of folate, magnesium and potassium.

In addition: the small, brown nuts grow on shrubs throughout Europe, so the climate impact is extra low as they don't have to travel far.

Walnuts

Energy: 680 kcal
Protein: 14.3 g
Fat: 64.3 g
Dietary fibre: 5.6 g

The crinkly nut contains an enormous amount of the powerful antioxidant vitamin E. Besides, it also provides potassium and melatonin. And yes, you also get some healthy Omega-3 fatty acids. Unfortunately, the vegetable form of Omega-3 is not nearly as powerful as the animal form, so you'll need to add in some fatty fish if you want optimal body strength.

In addition: walnuts grow on trees across the world. Go for North European nuts if you want the most climate-friendly ones.

Almonds

Energy: 529 kcal
Protein: 20.5 g
Fat: 39.1 g
Dietary fibre: 9.2 g

The small, oval treat gives you more dietary fibre and protein than most other nuts and even fewer calories – quite ingenious! You also get vitamin E, iron, magnesium and calcium.

In addition: the almond is a botanically pure stone fruit and not a nut. Almonds grow on small trees, which originate in Iran, Japan and the United States. Eat the almonds as they are without shedding them – as with the husk, they are the most healthy.

Cashews

Energy: 599 kcal
Protein: 15,3 g
Fat: 46,4 g
Dietary fibre: 3 g

The light-coloured kidney-shaped cashew provides zinc but also large amounts of iron and magnesium.

In addition: the cashew nut is a seed that sits as a quirky pendant on the lesser-known fruit, cashew apple. The trees grow in South America and Africa. Cashews are always sold without their shell.

Pecan

Energy: 710 kcal
Protein: 9.2 g
Fat: 72 g
Dietary fibre: 9.6 g

Give pecans a try because they contain lots of monounsaturated fat and provide both zinc and selenium.

In addition: the nuts, which look like flat, dark walnuts, are mostly grown in the United States.
They grow on giant trees, up to 44 metres high.

Macadamia nuts

Energy: 718 kcal
Protein: 7.9 g
Fat: 75.8 g
Dietary fibre: 8.6 g

The small, light, round nuts have a fat content of up to 76 per cent – which makes them the fattiest and richest nuts. In addition to lots of healthy fat, macadamia nuts are also rich in the B vitamin thiamine and iron.

In addition: the nut grows on trees in Australia and the shell is extremely hard and very difficult to crack.

Groundnuts

Energy: 589 kcal
Protein: 25.8 g
Fat: 49.2 g
Dietary fibre: 7.7 g

Groundnuts have the highest protein content of all nuts and give you vitamin E, vitamin B, niacin and resveratrol.

In addition: groundnuts or peanuts grow under the ground – hence the name – and are a purely botanical legume and not a nut. Groundnuts grow mainly in China, India and the USA. Choose nuts in their shell instead of ones that are oil roasted and salted.

NUTS IN FOOD
here are some
good ideas

Just check out all of our healthy benefits

Vitamin E

A common term for a group of vitamins that act as powerful antioxidants that strengthen your immune system.

Folate

Linked to a lower risk of Alzheimer's, depression and cardiovascular diseases.

Iron

An important part of your blood which plays a role when oxygen needs to go to your muscles. Iron is, therefore, crucially important when you exercise. One third of women of childbearing age lack iron.

Calcium

A mineral that, among other things, strengthens your bones.

Potassium

Maintains your resting blood pressure and is vital in your body's fluid control. You lose a lot of potassium when you sweat, which, if not replaced, can make you feel exhausted.

Magnesium

This mineral is a key component in the interaction between nerve pathways and muscles. A lack of magnesium can lead to seizures.

Melatonin

A hormone that affects your circadian rhythm and helps you fall asleep.

Niacin

A B-vitamin that is involved in your body's metabolic processes and is crucial for hormone production and the repair of the body's DNA.

Resveratrol

A powerful antioxidant also found in red wine. It's thought that resveratrol can protect against Alzheimer's and cardiovascular disease.

Selenium

Selenium is an antioxidant that provides protection against cardiovascular disease.

Thiamin

A B-vitamin, which has a central function in the body's metabolic processes.

Zinc

This mineral is one of a sea of hormones that plays a key role in your body's metabolism and immune system.

RUN AMOK WITH NUTS

– morning, noon and night

A handful of natural nuts are delicious just as they are, but they can also work small miracles for almost any dish or meal. Read on.

In the fridge
If you buy large bags of nuts, store them in an airtight container in the fridge or freezer. Then you reduce the risk of them going off.

Nuts for breakfast

On skyr and porridge. Chop nuts, and sprinkle them on top of your skyr, porridge or oatmeal along with some fruit. Or make granola by mixing different nuts and seeds with oatmeal and a little honey in a pan and then baking in the oven at 170° C/ 340° F/Gas Mark 3 on baking paper for about 10 minutes . Stir occasionally, as it bakes.

In smoothies. Blend a small handful of nuts in your smoothie. It'll help fill you up, much more than a smoothie can on its own as a smoothie is usually low-fat.

In bread. If you bake it yourself, feel free to throw in a few handfuls of nuts, eg. walnuts, in your dough. It gives the bread more flavour and gives you something crunchy to chew on.

On bread. Peanut butter is delicious and a great alternative to cheese or jam. You can buy many different kinds of nut butter, but check that there is no added salt and sugar, which is unnecessary. If you have a powerful blender or food processor, you can also make nut butter.

Nut butter with cocoa

Bake 250 g/8¾ oz hazelnuts in the oven for 20 minutes at 100° C/210° F/Gas Mark ¼ until you can rub most of the brown husk off. Blend the nuts until creamy, and add 2 tbs cocoa and chopped, dried cranberries.

Parsley pesto with cashews

Blend a pesto of 3 tbs roasted cashews, 100 ml/3½ oz olive oil, a bunch of parsley and 3 tbs of finely grated parmesan cheese. Season with freshly ground pepper.

Nuts for lunch

In pesto. Pesto is usually made with pine nuts, but you can easily replace them with other nuts. Use the pesto in a sandwich, as a dip, as a dressing over salad, meat or fish, or mix it in freshly cooked pasta.

In salad. Nuts are brilliant as a garnish on your salad, so you get something crunchy, added fat, added flavour and, they fill you up. At the same time, be happy that nuts are a far more climate-friendly fat choice than, for example, feta or parmesan cheese.

Nuts for fun

Dry roasted. If you have time, all nuts are just a tad better if you dry-roast them because you enhance the flavour. Roast the nuts on a dry, hot pan or baking sheet in the oven for about 10 minutes.

In cakes. There is probably not a single cake that isn't improved with a large handful of nuts, either whole, coarsely chopped, as flour or as a topping.

In sweets. Nuts are brilliant in sweets – both inside and out.

Nuts in your dinner

In Thai dishes. A handful of roasted cashews sprinkled over your Thai curry is almost essential.

In your coleslaw. Cabbage and nuts are well suited. Try a salad of finely-chopped cabbage with thin apple slices and roasted, coarsely chopped hazelnuts. Or make a salad with finely chopped spinach, avocado, edamame beans and roasted almonds.

In wok dishes. If you love to stir-fry chicken and vegetables in the wok, throw a handful of nuts in there too. The dish gets some much-needed fat and, you get lots of crunch and flavour.

On soups. An exciting topping can work miracles for even the most boring soup. For example, if you sprinkle toasted, coarsely chopped nuts and parsley on a potato or cauliflower soup, it can turn it from ordinary to extraordinary.

In a Waldorf salad. Who says you should serve a Waldorf salad with venison? Make a healthy version with finely chopped white cabbage, sliced celery leaves, diced apples, halved grapes and lots of coarsely chopped walnuts. Toss it all into a light dressing of skyr, mustard, lemon juice, salt and pepper, and serve it with meatballs or fish, for example.

As a crumb. Chopped nuts and almonds are delicious as a crumb for both fish and chicken and always beat a regular breadcrumb just by grating them.

Nut-breaded fillet of plaice

Coat the fish with flour on both sides, then dip it into a beaten egg and roll in a mixture of chopped nuts and breadcrumbs. Now, fry the fish in a pan (turn it once, carefully), or bake it in the oven.

Dietary Fibre

YOUR BODY'S BEST FRIEND

GRAMS
A DAY IS ENOUGH

Most of us do not get enough, but it can ***benefit your blood sugar, your cholesterol levels and your digestion*** if you decide to take dietary fibre on board. Discover where fibre can be found and how little it takes to get to a level that makes a difference

On the face of it, dietary fibre can seem insignificant because it is mostly what's left over when you eat plant-based foods and we eat them without thinking about it.

In the future, however, it might be worth considering taking in more of the much-overlooked dietary fibre. Research suggests the fibres can take much of the credit for the healthy benefits of fruits, vegetables and whole grains. The more fibre you eat; the healthier you become.

It does not take much for you to benefit from fibre's healthy properties. Just 30 grams a day is enough for you to reap a wide range of healthy gains. In addition to keeping your blood sugar stable so that you feel full for longer, the indigestible dietary fibre also boosts your digestive system. However, it is not only your stomach that gets a helping hand when you eat more dietary fibre. A strengthened immune system and lower cholesterol are healthy benefits that come with a higher fibre intake too. Also, the icing on the cake is that the risk of getting cancer becomes less when you ramp up the fibre content in your diet. Studies have shown that if you double your fibre intake from 15 to 30 grams a day, the risk of bowel cancer decreases by around 40 per cent.

Only small changes

Many of us don't get enough dietary fibre. We actually get an average of 30-50 per cent less fibre than health authorities recommend. With a number of small adjustments you can easily reach the recommended 30 grams a day. For example, if you eat a piece of fruit for breakfast, a couple of slices of rye for lunch, a few carrot sticks in the afternoon and a cabbage salad as a side with your dinner, you are doing well.

If you're not sure you are getting enough fibre, check out the next pages where you'll find lots of tips to help you – without having to make many changes to your diet. ☐

WHAT IS DIETARY FIBRE?

● PLANT SKELETON

Dietary fibres are the plants' cell walls. That is, they act as a skeleton for the plants' cells and bind them together.

● INDIGESTIBLE CARBOHYDRATES

Unlike ordinary carbohydrates, **dietary fibre is not degraded** by the digestive enzymes in the gastrointestinal tract. Therefore, the fibres are relatively unchanged as they move through the intestinal system.

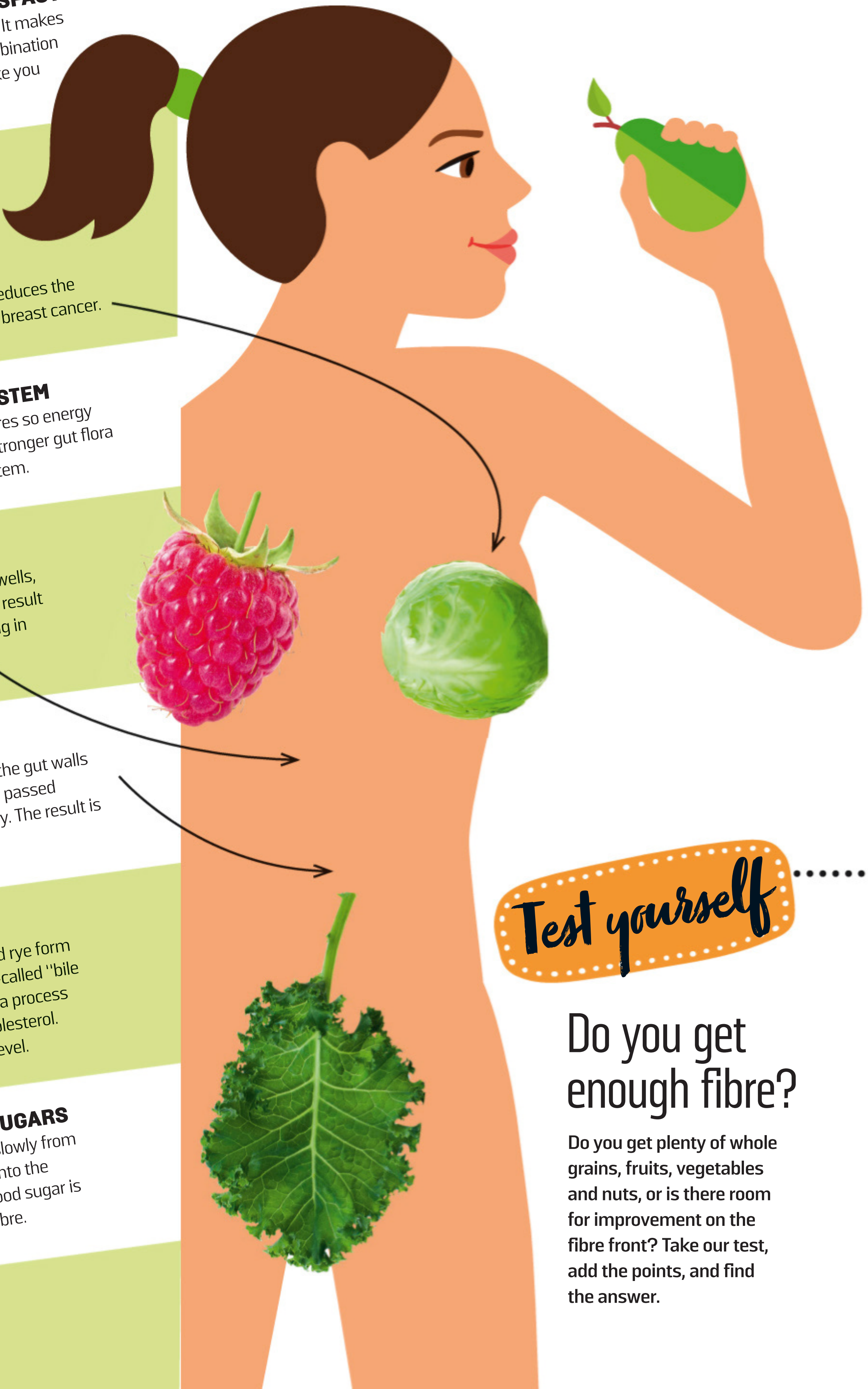
● PLANT-BASED FOODS

Dietary fibre is found in all plant-based foods. **Its job is to give the raw materials a solid structure.** When you chew whole grains or chomp through a bowl of carrots, it is the fibre that makes your teeth work harder. This does not mean that you only find fibre in crisp raw foods. Soft fruits and berries, for example, are also packed with fibre.

● SOLUBLE VS INSOLUBLE

There are two types of fibre, the soluble and the insoluble. They are found in all plant foodstuffs, but their ratio varies from raw material to raw material. Wholemeal flour, for example, has a high content of insoluble fibre, which promotes digestion, while rye has the most soluble, which benefits digestion and satiety.

WHY DIETARY FIBRE IS GOOD



- **BETTER SENSE OF SATISFACTION**
You need to chew high fibre foods. It makes you eat more slowly, which in combination with the benefits of chewing, make you feel more satisfied.

- **LESS RISK OF BREAST CANCER**
The fibres cleanse your body of toxins by drawing them together and letting them pass quickly through your system. It reduces the risk of certain cancers, including breast cancer.

- **STRONGER IMMUNE SYSTEM**
The bacteria in your gut eat the fibres so energy multiplies quickly. The result is a stronger gut flora with a strengthened immune system.

- **GENERAL FULLNESS**
Fibre absorbs a lot of water and swells, so that your stomach fills up. The result is greater satiety – without adding in any extra calories.

- **BETTER DIGESTION**
The indigestible fibres search out the gut walls so that the intestinal contents are passed through the intestinal tract quickly. The result is a stronger digestive system.

- **LOWER CHOLESTEROL**
Dietary fibre foods like oatmeal and rye form an aqueous gel which binds to so-called "bile salts" in the intestines. It initiates a process in the liver that reduces blood cholesterol. The result is a lower cholesterol level.

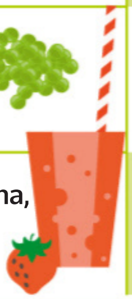
- **MORE STABLE BLOOD SUGARS**
Fibre-rich food is absorbed more slowly from the stomach to the intestine and into the bloodstream. This means your blood sugar is more stable when you fill up on fibre.

Test yourself

Do you get enough fibre?

Do you get plenty of whole grains, fruits, vegetables and nuts, or is there room for improvement on the fibre front? Take our test, add the points, and find the answer.

6 swaps that raise your fibre intake

	THE BAD FIBRE CHOICE	THE GOOD FIBRE CHOICE	BENEFIT
Breakfast	50 grams cornflakes	50 grams oatmeal and 30 grams of berries	**+ 4 grams fibre**
Mid morning	A croissant	A small handful of almonds	**+ 1.5 grams fibre**
Lunch	Two slices white bread with cold cuts	Two slices wholemeal bread with cold cuts	**+ 5 grams fibre**
Mid afternoon	An apple	Wholemeal crispbreads with cold cuts	**+ 2 grams fibre**
Dinner	100 grams green beans with your meal	100 grams garden peas with your meal	**+ 3 grams fibre**
Evening snack	A slice of cake	A berry smoothie, banana, a little orange juice and 10 grams of chia seeds 	**+ 9 grams fibre**
TOTAL BENEFIT OF GOOD FIBRE CHOICES			**+ 24.5 grams fibre**

1 Do you choose whole grain pasta rather than white pasta?

Always: **5**
Mostly: **3**
Sometimes: **1**
Rarely: **0**

2 Do you have 100 grams of whole grains, e.g. one bowl of oatmeal and two slices of rye bread a day?

Always: **5**
Mostly: **3**
Sometimes: **1**
Rarely: **0**

3 How much fruit and vegetables do you eat on an average day? (100 grams is equal to about one piece)?

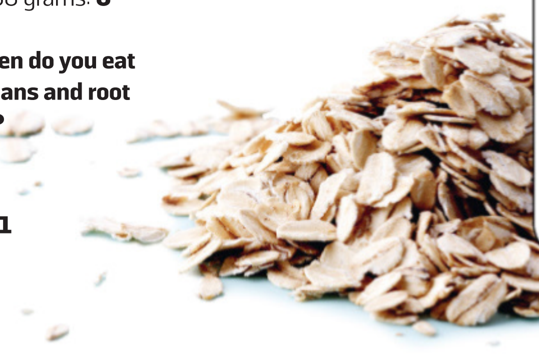
Over 750 grams: **5**
Over 500 grams: **3**
Over 250 grams: **1**
Less than 250 grams: **0**

4 How often do you eat cabbage, beans and root vegetables?

Always: **5**
Mostly: **3**
Sometimes: **1**
Rarely: **0**

5 How many seeds, and nuts do you eat per day?

Several handfuls: **5**
A good handful: **3**
Less than a handful: **1**
Almost none: **0**



SCORE

Under 10
You don't eat enough dietary fibre. Raise your intake by looking where you score lowest.

11-15
There is room for improvement. You will achieve a greater health benefits from working on the points where you score less than 3.

16-20
Your fibre intake is at a decent level. Look at the points where you score lowest.

21-25
You have great fibre habits. In all likelihood you get all the fibre you need.

Find hidden fibre

The figures show how much fibre there is per 100 grams.

FRUIT

DRIED FIGS

9.3 grams fibre

Dried figs abound with dietary fibre and a wealth of strengthening antioxidants. However, the sugar concentration is high which makes figs quite calorific.

AVOCADO

5.2 grams fibre

Fibre content is impressive, and so is the healthy MUFA fat, which works on both belly fat and any inflammation in your body.

WHOLE GRAINS

DRIED BEANS

18 grams fibre

A true all-in-one: huge protein rich, with a sprinkling of vitamins and minerals and top scorer when it comes to fibre. The contents are similar in brown and white beans.

OATMEAL

10 grams fibre

Soluble fibres fill your stomach and reduce cholesterol levels. At the same time, toxins in the stomach have less contact with your intestines.

NUTS AND SEEDS

CHIA SEEDS

36 grams fibre

Even small amounts provide lots of fibre. And in addition, these popular seeds also give you good Omega-3 fatty acids and proteins.

SESAME SEEDS

18 grams fibre

Like other seeds, sesame seeds are really fibre-rich. Brown ones are – those with their shell on – are so digestible that almost the entire seed can be termed fibre.

VEGETABLES

KALE

6.2 grams fibre

Kale contains almost twice as much fibre as cauliflower and broccoli, but most types of cabbage are great fibre sources too.

GARDEN PEAS

5.9 grams fibre

Lots of fibre, huge amounts of protein and antioxidants that boost the immune system, mean that you should eat peas as often as possible.

RASPBERRIES

4.4 grams fibre

Of all fruit the raspberry has the highest fibre content, and in addition, its antioxidants will strengthen the immune system.

PEARS

3.2 grams fibre

With 50 per cent more fibre than an apple this delicious fruit makes a perfect snack during the day or you could cut it up into small pieces and add it your morning yoghurt.

APPLE JUICE

WORST CHOICE

0.2 grams fibre

It contains all of the fruit calories, but none of its fibre, they are left in the juicer. That puts it close to the level of soda; which you don't want.

WHOLE GRAIN PASTA

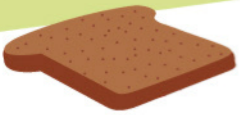
9.6 grams fibre

With three times as much fibre as plain white pasta the benefit speaks for itself. In addition, you get two to three times more vitamins and minerals than found in white pasta.

RYE BREAD

8.5 grams fibre

The fibre content is impressive. Many are soluble ones which swell up filling your stomach. Also, rye is extremely beneficial for your cholesterol levels.



BROWN RICE

WORST CHOICE

4 grams fibre

The fibre content is not worth writing home about. It is probably better than refined rice, but compared to other whole grains it is not impressive.

COCONUT

14 grams fibre

In a nutshell, the calorie content is low. At the same time, it provides lots of fibre that keeps your stomach working well.

ALMOND

12.5 grams fibre

It's not just the high fibre content that deserves attention. You get healthy MUFA fat that is good for your heart, as well as lots of saturating proteins.

BRAZIL NUTS

WORST CHOICE

5.3 grams fibre

Most nuts score high on fibre content, but Brazil nuts rank somewhat lower. In addition, the calorie content is 25 per cent more than milk chocolate.

PARSNIP

4.5 grams fibre

Root fruits are a brilliant alternative to the potato, because they are low in calories and high in fibre. This applies to parsnip and other root vegetables as well.

CARROT

2.7 grams fibre

The fibre content is not that impressive, but since it is so easy to tuck into a lot of carrots during the day, they can provide a valuable source of fibre.

CUCUMBER

WORST CHOICE

0.7 grams fibre

You basically get nothing but water when you eat cucumber. It has neither fibre nor powerful plant-based benefits: it has very little to offer.

GINGER

With its aromatic scent and fresh flavour, ginger is known for being peppery, sour and sweet. The coarse tuber has also been used since ancient times to treat all sorts of ailments, from colds and aches to asthma and digestive issues. Today it is incredibly popular.

WHAT IS IT GOOD FOR?

FIGHTS CANCER

Ginger limits the growth of cancerous nodules. This showed in cell trials in rats whose tumours became smaller when fed the healthy tuber. Ginger disrupts the processes that help develop cancer.

RELIEVES STIFFNESS

Ginger relieves stiffness and reduces the pain of osteoarthritis in the knees and hips. In the studies where it's been effective, people have typically been given 250–1,000 mg daily.

CURBS NAUSEA

Whether the nausea is due to motion sickness, a hangover or side effects from medication, ginger counters nausea. A single slice is enough, but take it before you go for a drive, for example.

USE IT...

... Fresh in tea, smoothies and shots

... Dried and crushed in bread, biscuits and cakes

... Freshly grated as a sushi accompaniment, in soups, stir-fries and marinades *

* Ginger contains an enzyme that tenderises meat.

❤ BEST FRIEND WITH: A TEASPOON

Scrape off the peel with a teaspoon instead of a potato peeler, so you do not have to throw half of the root in the rubbish bin.

CONJURE UP A TEA WITH THE HEALING ROOT

Here we go to Starbucks for a latte on the go, but in Japan, they always have ginger tea – whether they're in the office or behind the wheel of their car.

- Rinse fresh ginger root and cut it into slices and put in a cup
- Pour boiling water over
- Let it soak for five minutes
- If wanted, add freshly squeezed li or a little honey

● TIP!

Peel a handful of ginger at a time and freeze it, so you always have a healthy sprinkle to hand when you're busy.

Peel fresh ginger. Over **95%** of the beneficial substances are in the flesh, so there is no need to eat the skin.

The active ingredients are called gingerols, which act as a powerful antioxidant that helps the body fight inflammatory conditions. **75%** of all rheumatic patients experienced relief from knee pain when taking ginger supplements.

100%

Ginger becomes much more fiery if you boil it. Boiling converts gingerols to shogaols which are characterised by a stronger taste.

Ginger is rich in essential oil that aids digestion and at the same time acts as an antiseptic. Together, this helps kill potentially harmful bacteria, including those found in the throat.

Scientists see ginger as a useful addition in the fight against everything from various cancers to seasickness, arthritic disorders, circulatory problems and liver damage.

You don't have to stuff yourself with ginger to get the benefits. For example, mix a few centimetres into your supper dish or

10-15 GRAMS

into a vegetable smoothie and you're off.

TURMERIC

This yellow root, which can be enjoyed fresh and powdered, is a clear winner because it is full of the colourant curcumin, which has anti-bacterial properties and is a powerful antioxidant.

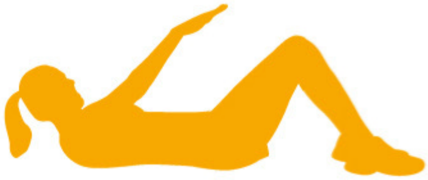
WHAT IS IT GOOD FOR?

FIGHTING INFLAMMATION

Curcumin combats substances that increase inflammation in the body. So, turmeric can prevent all diseases that are caused by chronic inflammation, arthritis, cancer and cardiovascular diseases.

TAKING THE PAIN

The curcumin in turmeric is credited with soothing muscle ache. In a study in which test subjects received turmeric supplements, it alleviated soreness in muscles after training and also helped prevent muscle damage.



HELPING DIGESTION

Turmeric has always had the reputation of helping digestion, because it stimulates the gallbladder to secrete bile that helps us to digest food. Studies have also shown that turmeric helps combat bloating.

USE IT TO...

... give a nice, yellow colour to baked goods, juices, smoothies, soups and rice. Use either freshly-grated or powdered turmeric.

... spice up roasted root vegetables and some baked cauliflower.

... make tea: let a few slices of turmeric root brew in boiled water. Sweeten with honey.

HOW TO STORE IT

- **Fresh turmeric will keep for a few weeks in the fridge and stays best when kept in a plastic bag or sealable tub or container.**
- **You can also freeze the turmeric root. Peel it first so you'll always have fresh turmeric ready to go.**
- **Turmeric powder stores best in a place where it is dry, dark and not too hot. So, place it in an airtight jar and keep it in your kitchen cupboard.**

● DID YOU KNOW...

Overheating reduces turmeric's healthy effects significantly. Do not heat it to over 80 degrees.

FRESH OR POWDERED?

2½ cm fresh turmeric root = 1 tsp powdered

THE SKIN

can be eaten just like with ginger, but many prefer to peel the root because peeled it has a cleaner, less earthy taste.

ITS BRIGHT YELLOW COLOUR

is fierce, but also very healthy. Best use gloves when handling fresh turmeric, otherwise the skin on your hands will turn yellow.

ITS TASTE

is not very strong, but has a slight bitterness to it.

THE PIGMENT,

curcumin is a powerful antioxidant that combats so-called "free radicals", harmful substances which, among other things, are found in smoke and pollution.

SALMON

Great for all meals, this fatty fish is packed full of vitamins and healthy fatty acids. Salmon can make a big difference to your health.

WHAT IS IT GOOD FOR?

PROTECTING YOUR HEART

The more fish you eat, the less likely you are to be affected by cardiovascular disease. Salmon is bursting with heart healthy Omega-3 fatty acids that benefit blood pressure and also circulation.

RELIEVING JOINT PAIN

Healthy Omega-3 fatty acids in salmon curb joint inflammation.
They also reduce both pain caused by arthritis and stiffness in the morning.

FIGHTING BACTERIA AND VIRUSES

Salmon is rich in vitamin D, which most of us lack after a long winter, as we usually get it from the sun. Vitamin D activates the immune system's killer cells.

SUITABLE FOR...

... providing a healthy and blood sugar stabilising start to the day. Eat with eggs and vegetables.

... mincing and using for fish meatballs, burger and paté.

... to replace meat in lasagne, pies and stir fries.

HOW TO STORE IT

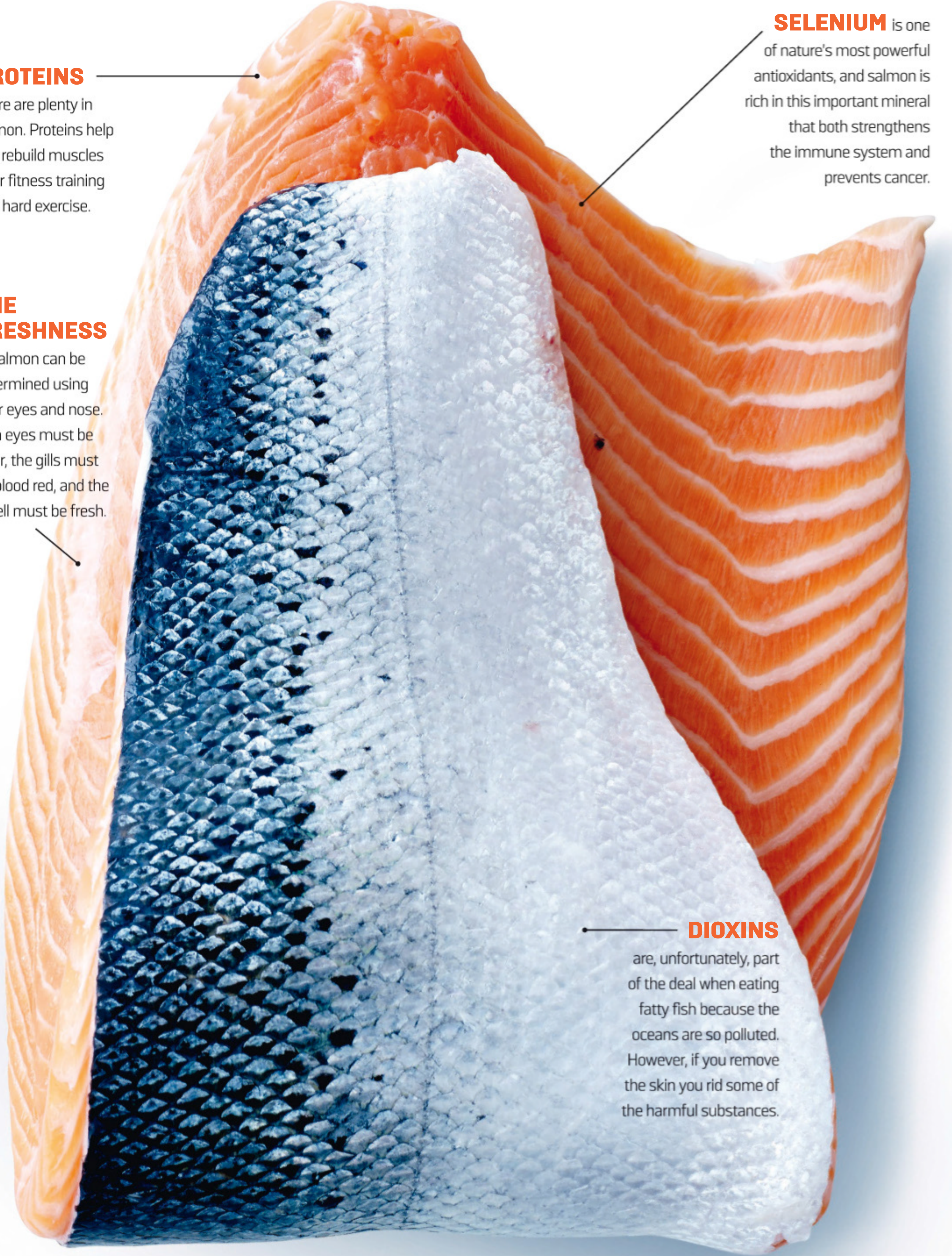
- **Fresh salmon must be kept as cool as possible and should be cooked on the day of purchase. Most fridges are coldest on the bottom shelf.**
- **Prepared salmon must be stored in the fridge where it will keep for one to two days.**
- **Salmon can be frozen. The fish will last for around three months in the freezer. Thaw it in the fridge.**

● DID YOU KNOW...

If you want to avoid dry and dull fish, keep your cooking temperatures low. About 120 degrees for 25 minutes.

THERE ARE MANY OMEGA-3 FATTY ACIDS IN YOUR SALMON

Farmed salmon	Organic farmed salmon	Wild salmon
is fed on pellets that don't always contain much fish. Reflected by the fish fat, farmed salmon won't contain as much Omega-3.	is fed with feed made from smaller fish, so there will typically be more Omega-3 fat than in conventionally farmed salmon.	typically contains more Omega-3 fatty acids than farmed fish, as they feed on a mixture of seafood and small organisms from the sea.



PROTEINS

There are plenty in salmon. Proteins help you rebuild muscles after fitness training and hard exercise.

THE FRESHNESS of salmon can be determined using your eyes and nose. Fish eyes must be clear, the gills must be blood red, and the smell must be fresh.

SELENIUM is one of nature's most powerful antioxidants, and salmon is rich in this important mineral that both strengthens the immune system and prevents cancer.

DIOXINS are, unfortunately, part of the deal when eating fatty fish because the oceans are so polluted. However, if you remove the skin you rid some of the harmful substances.

CHILLI

This little super spice will heat up your winter dishes, warm you up on even the coldest day and pep up your overall health.

WHAT IS IT GOOD FOR?

PROLONGS LIFE

If you eat spicy food just twice a week , you have a 10 per cent reduced risk of dying over the next 10 years, so feel free to be liberal with your chillies.

TREATS PAIN

Chilli makes overly sensitive nerve fibres hibernate, so your brain simply doesn't recognise that you're in pain. That's why people have started experimenting using chilli in ointments and remedies.

A POWERFUL SLIMMING AID

Capsaicin gives chilli its strong flavour, and acts on muscle cells to produce heat. This way, even if you don't move much, your metabolism will be fuelled.

SUITABLE FOR...

... giving your crispy salads an Asian flavour.

... getting into exotic dishes like Thai, stir fries, Mexican classics and Chinese hot pot.

... spicing up salsa, guacamole and pesto.

STORAGE

- **Chillies will stay fresh if you wrap them in kitchen roll and put them in a plastic bag in the vegetable drawer of the fridge.**
- **Dry chillies in the oven for 6-24 hours at around 50ºC. Then, store them in a tightly sealed jar; they'll be ready to grind when you need a bit of spice.**
- **You can freeze your chillies. They will keep their strength, but the texture will be slightly softer than a fresh chilli.**

DID YOU KNOW...

If you have eaten a really hot chilli, drink milk to cool down as capsaicin binds to the fat in milk.

HOW HOT IS YOUR CHILLI?

No heat	Mild	Strong	Quick hot hit	Hot	Scorching hot
Red pepper	Jalapeno	Cayenne	Bird's eye	Habanero	Naga viper

A chilli's **POWER** is not, as many people think, in the seeds, but in the lamellae (membranes) where the seeds are attached.

CHILLI FLESH is hottest at the base of the stem and mildest at the tip. The riper the chilli, the hotter it is.

Chillies are **VITAMIN C** bombs. In fact, their vitamin C content is three times higher than that of oranges. One of the wonderful things you get from vitamin C is that it helps produce collagen, which is important for keeping your skin plump, and elastic.

The **VITAMIN A** content of this pungent plant is very high, which is necessary for both your mucous membranes and your eyesight.

AVOCADO

Avocado is a fruit, but unlike bananas, oranges and grapes, it contains almost no sugar. In contrast, it is packed with healthy fatty acids, proteins, vitamins, antioxidants and minerals.

WHAT IS IT GOOD FOR?

TAKES AWAY SNACK CRAVINGS

If you eat half an avocado for lunch, your desire for food is reduced for the next three hours. The avocado, with its fibre and healthy fatty acids, takes a long time to digest.

HELPS THE SKIN

Avocado blended with egg white and lemon provides a perfect face mask for both oily skin and fine wrinkles. The fat in the avocado gives skin elasticity and the antioxidants counteract damage from the sun's UV rays.

BALANCES BLOOD SUGARS

The many fibres and healthy fatty acids in avocado flesh slow down the absorption of carbohydrates from your gut and stabilise blood sugar.

Avocado is perfect...

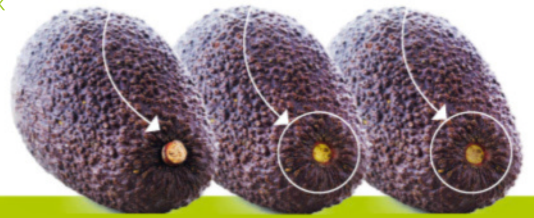
- **... sliced in salads**, sandwiches and on rye bread
- **... mashed** to make a guacamole dip
- **... puréed** in chocolate mousse, custard and soup
- **... eaten** straight from the shell

Avocado oil can be used in sauces and dressings. **The stone** can be dried and blended into powder to add to your smoothies

BEST FRIEND WITH: TOMATOES

A classic tomato avocado salad is a perfect match as the healthy fatty acids in the avocado make the tomatoes' antioxidants more readily available to you.

HOW TO TELL IF YOUR AVOCADO IS RIPE



Remove the stalk

Light green = perfect!

Brown = over ripe

● TIP! Drizzle lemon over your avocado slices and they will not so easily discolour. If you have half an avocado left, leave the stone in. It also helps to keep the colour.

MUFAS (MONOUNSATURATED FATTY ACIDS)

A special type of fat that, in numerous studies, has been shown to reduce inflammation in the body's fatty tissue but also in and around the joints and in the cardiovascular system.

DIETARY FIBRE

Indigestible plant residues that keep your gut healthy by protecting the intestinal walls from toxins and positively benefiting your gut flora.

ANTIOXIDANTS

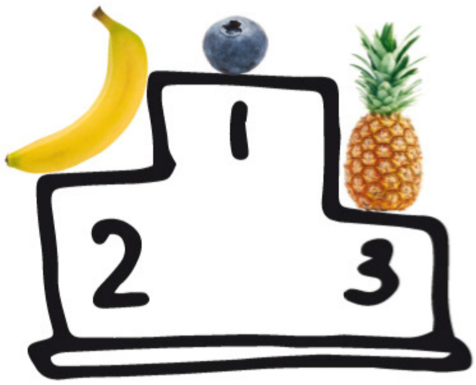
Microscopic plant compounds that protect the body's cells from harmful oxygen damage.

BLUEBERRIES

The taste is mild and sweet. The texture is delicate and the colour is... ooh la la! Read more about the little berry with the big health benefits, and become as passionate about blueberries as we are!

ARE BLUEBERRIES A SUPERFOOD?

If you're asking if blueberries are healthy, the answer is a loud and resounding YES! Blueberries have a healthy content of dietary fibre, which aids digestion. They are also rich in vitamins and minerals, but their real trump card is their antioxidant content. Blueberries are simply packed with antioxidants in the form of anthocyanins, which give the berries their bluish-purple colour.



PACKED WITH ANTIOXIDANTS

Antioxidant levels in food are most often measured in what is called ORAC (oxygen radical absorbance capacity). In a database from the US Food and Drug Administration, American blueberries have an ORAC value of around 4,500, while wild Nordic blueberries have around 9,500. By comparison, bananas have an ORAC value of about 800, mangoes around 1,300, pineapples about 550, and raspberries circa 5,000.

HOW DO I STORE BLUEBERRIES?

IN THE FRIDGE

Wild berries only keep for two to three days, while the big American blueberries will stay fresh for one to two weeks if you leave them in their original packaging.

TIP! Rinse the blueberries in diluted vinegar for a while – it kills surface bacteria and keeps them fresh for longer! Dry them, then store in the fridge with some kitchen roll at the bottom of the bowl. Take them out an hour before you want to eat them, they'll taste even better.

IN THE FREEZER

Blueberries can be frozen, and their vitamin and antioxidant content will remain high once they are defrosted. Frozen berries have been known to cause infections, and for this reason the Food Administration recommends that you always give frozen berries a one minute boil before using them.

However, this does not apply to home-grown berries where you have checked the hygiene yourself. Frozen blueberries are great in crumbles and jams, but are not really suitable for fruit salads as the consistency will be mushy. Blueberries that you freeze yourself will keep well for about four months in the freezer.

DRIED

Dried blueberries are delicious in a homemade muesli bar or on top of yoghurt and porridge. The taste is intense and they are also visually appealing. When fruit is dried, the nutrient content is concentrated, so dried blueberries contain more carbohydrates, a few more calories, protein and fibre than fresh berries. However, the vitamin content will typically be slightly lower.

TIP! It is easiest to dry blueberries using a dehydrator designed for the purpose.

VITAMIN C

Blueberries contain substantial amounts of this powerful antioxidant which promotes strong connective tissue and immune defence.

The active compounds in berries, like anthocyanins, protect cells from destruction by the damage caused by free radical oxidative stress when you exercise.

ANTHOCYANINS

belong to the group of flavonoids. These are colour pigments that make blueberries blue (and make blackberries and elderberries black and strawberries red). There are more than 4,000 different kinds. They act as powerful antioxidants and have an anti-inflammatory effect. They also provide protection against cancer and cardiovascular diseases.

Blueberries are naturally covered with a thin layer of wax, which gives them a slightly dewy, silvery sheen.

CHAPTER 3

BREAKFAST

KICKSTART YOUR DAY

with an easy breakfast

A healthy breakfast ***fuels you well for the day.*** And it need not be difficult or take a long time to prepare. Check out these 12 suggestions, whether you are looking for energy, satiety, want to lose weight or have it on the go.

Eat it up – this is the most important meal of the day! Did you often hear this from your mother when you sat and tucked into your daily bowl of porridge with milk and salt or a little sugar?

Maybe we should have demanded proof of the claim because even though a Danish study shows that missing breakfast can actually harm children's learning and memory, studies conducted on adults show different results.

Nutritionist Martin Kreutzer is an advocate of breakfast:
"Although there is no research that establishes breakfast as the most important meal of the day, it is definitely important to eat breakfast. If it's put together well, you feed your brain and body with nutrients that give you energy to get on with the day's tasks".

In his practice as a nutritionist, Kreutzer always recommends that his clients eat a healthy and filling breakfast. Not least because without breakfast, it is easy to be tempted to start picking at unhealthy choices later in the morning.

"Sometimes, I have clients who can not eat anything in the morning. I advise them to make sure they eat healthily a little later in the day, for example, by having a healthy morning meal on the go," he says. It's a balancing act and as long as you get good nutrition throughout the day, you are on the right path.

12 breakfasts

With this advice in mind, we have put together a collection of healthy, easy and delicious breakfasts. Most are intended for those who eat their breakfast at home, while three of them are specially designed for those who want to put off eating breakfast and have it in their bag to eat a little later. These are also perfect choices, especially if you are a new mum who sometimes struggles to get your children to understand how important it is to eat their breakfast. ☐

GIVES YOU ENERGY

Breakfast for all your needs. These 12 healthy and easy breakfasts are divided into four categories: slimming breakfasts, ones that fill you for a long time, ones that provide energy or ones that can be eaten on the go.

FILLS YOU UP

BREAKFAST ON THE GO

FOR WEIGHT LOSS

BREAKFASTS THAT GIVE YOU **ENERGY**

If your goal is to re-energise from the moment you get up, **merge carbohydrates from starches and fruit into your breakfast.** Ingredients like oatmeal, bananas and dried fruit are good options. If you prefer bread in the morning, grab a large bun with cheese and eat a piece of fruit. Also, drink a large glass of water because if your body is dehydrated, it immediately impacts your energy levels.

BANANA PANCAKES

with skyr cream, strawberries and raspberries

1 SERVING

- **1 banana**
- **2 eggs**
- **100 g/3½ oz oatmeal**
- **½ tsp vanilla powder**
- **½ tsp baking poweder**
- **A little coconut oil,** for frying

Skyr cream

- **100 ml/3½ fl oz skyr**
- **1 good pinch vanilla powder**
- **1 tsp acacia honey**

Garnish

- **1 handful strawberries and raspberries**

1. Blend the pancake ingredients to a smooth batter. Let it rest for five minutes.

2. Fry the pancakes until golden in a little coconut oil in a hot pan.

3. Mix the skyr cream and serve the pancakes with cream and berries.

TIMESAVER! Make the pancakes the night before and refrigerate them until the morning, when you can warm them in the microwave in seconds.

RICE CAKES

with peanut butter, banana slices, cinnamon and blueberries

◆ Both rice cakes and bananas provide fast-release carbohydrates that kick your energy into super-charge. The proteins and healthy fats in peanut butter help keep your blood sugar stable during the morning. **TIP!** Check product labels, and buy peanut butter without added sugar and rice cakes without salt.

OATMEAL

with semi-skimmed milk and a few raisins

◆ A serving of oatmeal gives you carbohydrates and good dietary fibre. You get the same from raisins and apple along with healthy vitamins. Semi-skimmed milk gives you filling protein.

BREAKFASTS THAT **FILL YOU UP**

If you want to feel fuller for longer, put together a breakfast where **you get protein, dietary fibre and some healthy fats.** Eggs are an excellent choice for a filling start to the day because they provide animal proteins that fill you up better than plant proteins. Dietary fibre can be added via wholemeal bread and oatmeal, and avocados, salmon and almonds are a good source of healthy fats.

SCRAMBLED EGGS

with smoked salmon and cherry tomatoes

◆ Beat two eggs together with 2 tbs milk and a little salt and pepper. Sauté quickly in a little olive oil, and serve with good protein from two slices of smoked salmon. Serve with cherry tomatoes and half a slice of toasted rye.

OATMEAL

with egg, blueberries and almonds

◆ Boil 100 g/3½ oz oatmeal with 200 ml/7 fl oz semi-skimmed milk and a pinch of salt. Then add one egg white, stir and bring to a rapid boil. Filling proteins primarily hide in the egg white. There are not many in the yolk. Serve the oatmeal with blueberries and coarsely chopped almonds.

TIP! Choose coarse-cut oatmeal as it's more satisfying. Your teeth and your gastrointestinal system must work harder to chew and digest the grains.

AVOCADO TOAST

with fried egg

1 SERVING

- **1 egg**
- **A little olive oil**
- **1 slice wholegrain toast**
- **½ avocado**
- **Salt**
- **Black pepper,** freshly ground

1. Start with the fried egg. Crack an egg into a preheated non-stick pan brushed with a little olive oil. Fry until the whites have set.

2. Toast one slice of wholegrain bread. Mash half an avocado.

3. Spread the avocado over the toast, top with the fried egg and season with salt and pepper.

TIMESAVER! Replace the fried egg with three to four slices of chicken, spread on top of the avocado.

BREAKFASTS THAT HELP YOU **LOSE WEIGHT**

Fill yourself up with fewer calories – these are the two areas you need to consider if you want to lose a few pounds. **Proteins like skyr and eggs are two really good choices.** Get your dietary fibre from vegetables or some fruit and give bread a wide berth. Melons are a good choice as they provide sweetness whilst remaining low in calories. Drink plenty of water, it helps you feel full.

SKYR

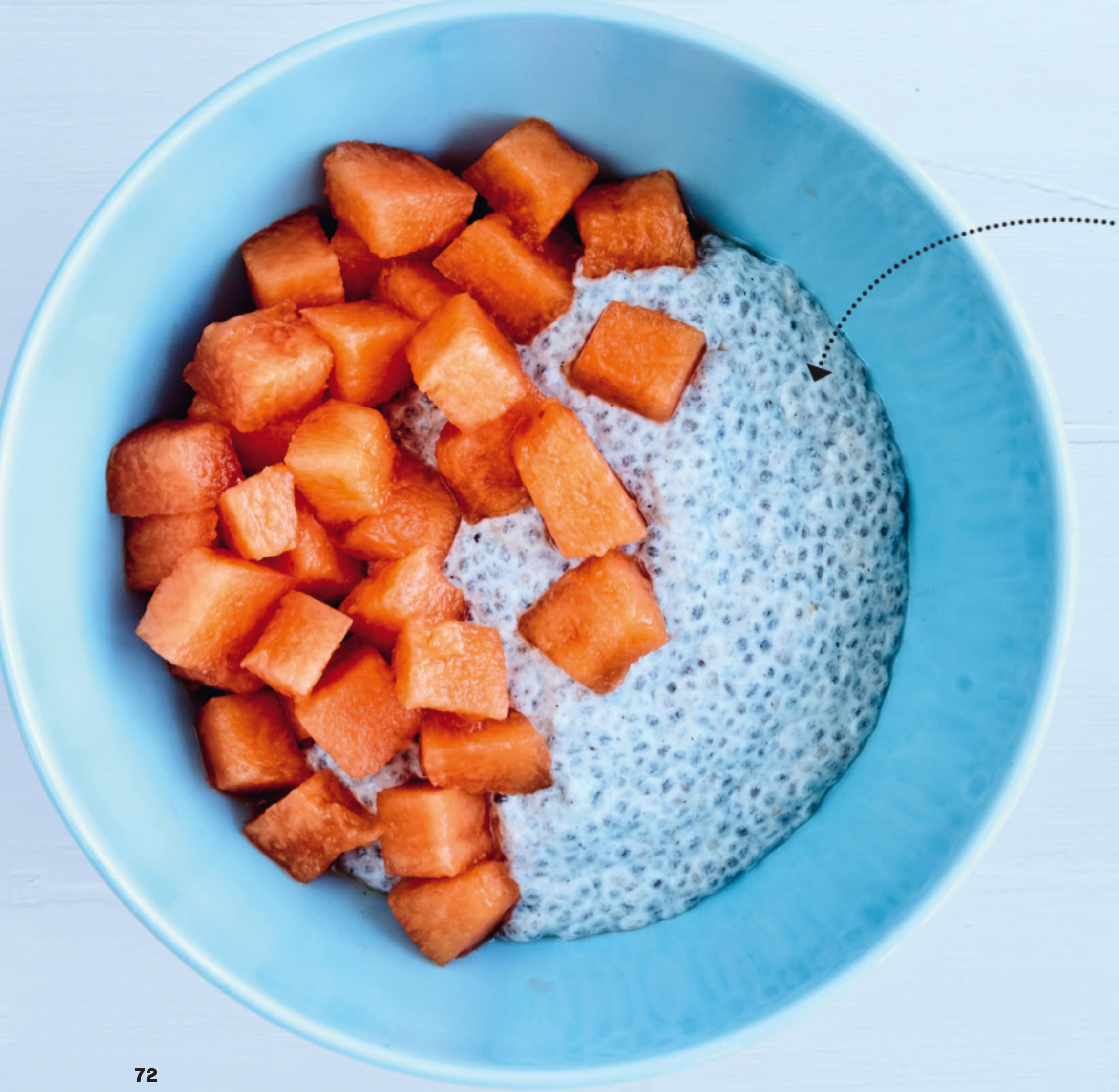
with diced apple and cinnamon

◆ Mix 200 ml/7 fl oz skyr with an apple cut into cubes and sprinkled with cinnamon. Sweeten the skyr with a pinch of stevia. Spice it up with other types of fruit like melon, orange and berries. Drink a large glass of water.

OMELETTE

with Parma ham, spinach and red pepper

◆ Whisk two eggs together and pour them into a warm non-stick pan brushed with a little olive oil. When the egg mixture has almost set, sprinkle finely chopped red pepper and spinach on top. Fold half of the omelette over the other half, and sauté two slices of Parma ham in the same pan. Garnish with red pepper, and serve with a slice of toasted rye. Drink another large glass of water.



CHIA PORRIDGE

with cantaloupe melon

1 SERVING

- **100 ml/3½ fl oz skimmed milk**
- **50 ml/1¾ fl oz skyr**
- **2½ tbs chia seeds**
- **½ tsp vanilla powder**
- **A few drops of liquid stevia**
- **100 g/3½ oz cantaloupe melon, sliced**

1. Stir milk, skyr, chia seeds, vanilla powder and stevia together in a bowl.

2. Put it in the fridge for half an hour while you take a shower, so that the chia seeds can absorb the milk. Stir the porridge once or twice.

3. Serve the porridge topped with melon, and drink a glass of water.

TIMESAVER! Pour the chia porridge in a cup the night before and let it soak overnight, after which it is ready for you in the morning. Smart!

BREAKFASTS TO EAT **ON THE GO**

Some of us can't eat a morsel before 10 o'clock. It's perfectly okay as long as you don't go crazy when you pass a bakery and get drawn in by a doughnut. Instead, make a healthy to-go breakfast before you leave home and carry it in your bag for later when your stomach screams for food. Be sure to get a mix **of proteins, dietary fibre and carbohydrates.**

MUESLI BAR

+ and carrot

◆ It does not get any easier! Buy a stock of healthy bars, so you always have one in your bag and eat it during the morning when you are on the go. Supplement with a large carrot, so you get filling dietary fibre and something to chew on. **TIP!** Choose a bar with as few additives as possible. If you have time, you could make your own.

RYE WITH CHEESE

+ and pear

◆ The fastest food you can make yourself: one slice of wholemeal rye bread topped with a slice of cheese – and then a pear on the side! The dietary fibre from rye and the pear fill you up, while the cheese provides saturating protein and fat. The pear provides carbohydrates for energy. **TIP!** Choose a low-fat cheese, as it contains more protein.

SMOOTHIE

with skyr, berries and frozen bananas

1 SERVING

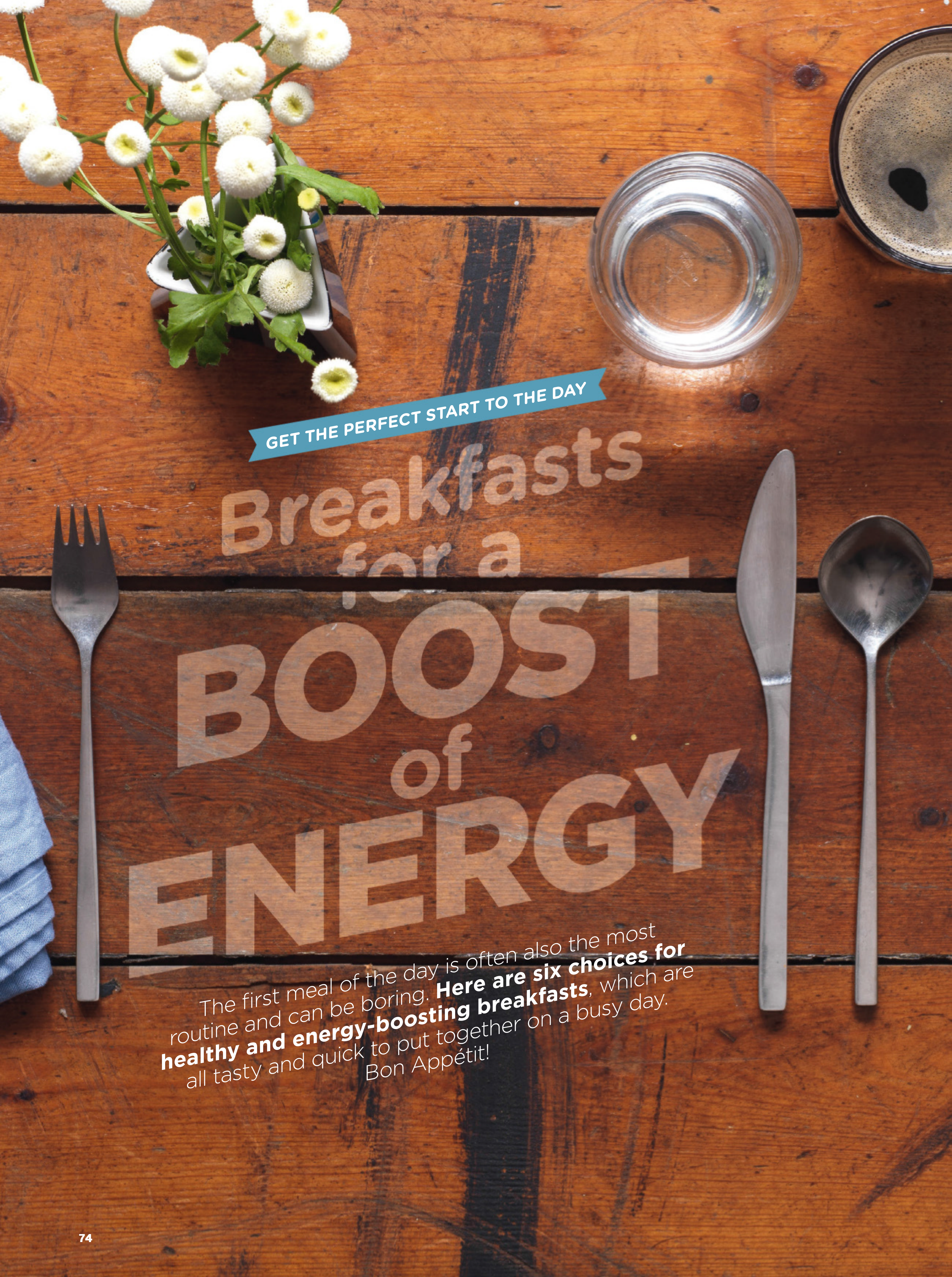
- **150 g/5¼ oz raspberries**
- **1 frozen banana**
- **3 tbs skyr**
- **150 ml/5¼ fl oz milk**
- **½ tsp vanilla powder**

1. Blend all of the ingredients until you have a rich and creamy smoothie.

2. Pour the smoothie into a glass with a screw top or a water bottle, which is easy to clean afterwards.

3. You could add an ice cube or two into the glass if it's going to be a while before you drink the smoothie. Or put it in the fridge to cool it down when you get to work.

TIMESAVER! Buy a smoothie on the way. Choose one with protein so as not to send your blood sugar skyrocketing. A drinking yoghurt without lots of sugar is also a good choice.



GET THE PERFECT START TO THE DAY

Breakfasts for a BOOST of ENERGY

The first meal of the day is often also the most routine and can be boring. **Here are six choices for healthy and energy-boosting breakfasts**, which are all tasty and quick to put together on a busy day. Bon Appétit!

1

FRUIT SALAD WITH RAISINS, ALMONDS, SKYR OR YOGHURT

Ingredients for 1 serving

- ½ apple
- 20 g/¾ oz melon
- ½ banana
- 20 g/¾ oz pineapple
- 1 plum
- 20 g/¾ oz raisins
- 20 g/¾ oz almonds
- 2 tbs skyr or yoghurt

How to do it

- Cube the fruit. Of course, all kinds of fruit can be used, but it's best to choose what's in season. It is usually freshest and cheapest.
- Put the fruit in a bowl and spoon skyr or yoghurt on top. Garnish with raisins and chopped almonds.

Nutritional values per serving:

ENERGY	300 kcal
PROTEIN	9.7 g
FAT	8.8 g
CARBOHYDRATES	48.4 g
DIETARY FIBRE	5.8 g

TIP! DON'T FORGET THE COFFEE!

There is no reason to feel bad about drinking coffee. Coffee intake is associated with a reduced risk of getting Type 2 diabetes, Parkinson's, Alzheimer's and certain cancers. Choose a filter coffee with just a drop of milk. The filter removes the coffee fats and also cafestol and kahweol, which both have a cholesterol raising effect.

2

HEALTHY BREAKFAST WRAP

Ingredients for 1 serving

- 1 wholemeal wrap
- 2 eggs
- ½ onion
- ½ tsp salt
- ½ tomato
- ¼ red pepper
- 25 g/1 oz baby spinach
- 1 tbs ketchup
- ½ tbs olive oil
- 2 slices ham or chicken

How to do it

- Finely chop the onion and sauté it in olive oil in a medium preheated pan. Add salt and the egg, and fry it for about one minute until the mixture is firm. Cut the ham into strips and mix it to the eggs and onion and stir.
- Cut tomato and pepper into cubes and assemble your wrap with baby spinach and ketchup.

Nutritional values per serving:

ENERGY	505 kcal
PROTEIN	26.7 g
FAT	24.1 g
CARBOHYDRATES	48.8 g
DIETARY FIBRE	6.2 g

TIP! Add some fresh chopped chilli or a good chilli pesto.

3

AVOCADO AND SMOKED SALMON ON RYE TOAST

Ingredients for 1 serving

- 1 slice of whole grain rye bread
- ½ avocado
- 50 g/1¾ oz sliced smoked salmon
- 1 lettuce leaf
- 20 g/¾ oz of cottage cheese

How to do it

- Toast the rye until it turns light brown at the edges. Be careful that it does not burn.
- Cut half of the avocado into thin slices.
- Let the toast cool. Serve with salad and salmon on the bottom, avocado and cottage cheese on top. Garnish with a little tomato and cucumber.

Nutritional values per serving:

ENERGY	322 kcal
PROTEIN	17.5 g
FAT	13.9 g
CARBOHYDRATES	36.1 g
DIETARY FIBRE	8.2 g

TIP! DRINK A LARGE GLASS OF WATER EACH MORNING

After a good night's sleep your body loses a lot of fluid, so you have to refuel in the morning. If you are dehydrated, your blood struggles through your veins, it's harder for your cells to work properly and your general energy level will noticeably decrease. Therefore, always drink a large glass of water first thing. You can add flavour with a few slices of lemon or orange or some fresh berries.

4

RYE PORRIDGE WITH APPLES, DRIED GOJI BERRIES AND ALMONDS

Ingredients for 1 serving

- 50 g/1¾ oz rye flakes
- 300 ml/10½ fl oz water
- 1 pinch salt
- ½ tsp ground ginger
- ½ apple
- 1 tbs dried goji berries or other dried fruit
- 30 g/1 oz almonds
- 1 tbs natural yoghurt

How to do it

- Simmer rye flakes, water, salt and ginger at very low heat for about 10 minutes. Stir regularly. Add a little water if the porridge becomes too thick.
- Chop almonds and apples and use as a garnish over the other ingredients.

Nutritional values per serving:

ENERGY	419 kcal
PROTEIN	12 g
FAT	13.9 g
CARBOHYDRATES	67.8 g
DIETARY FIBRE	12.1 g

The Omega-3 fatty acids in fatty fish, such as salmon, keep the brain sharp and can also reduce recovery time after exercise.

Blueberries, ginger and broccoli are all powerful anti-inflammatory foods that suppress inflammation in the body – for example, after a hard workout.

5

ANTI -INFLAMMATORY BREAKFAST SMOOTHIE

Ingredients for 1 serving

- 2 large oranges
- ½ banana
- 1 tsp grated ginger
- 25 g broccoli (spinach can also be used)
- 20 g/¾ oz almonds
- 20 g/¾ oz blueberries
- 2 tbs natural yoghurt
- 1 tbs Acacia honey
- 100 ml/3½ fl oz water

How to do it

- Squeeze the oranges. Cut banana and broccoli into small pieces.
- Blend all ingredients together for a delicious, creamy smoothie.
- Serve.

Nutritional values per serving:

ENERGY	391 kcal
PROTEIN	9.9 g
FAT	10.9 g
CARBOHYDRATES	68 g
DIETARY FIBRE	9.3 g

TIP! MAKE A HOMEMADE GRANOLA

Make some delicious home-made, toasted muesli and store it for a perfect flavour boost. Use as a topping for your porridge, kefir, skyr, yoghurt, or oatmeal.

6

SCRAMBLED EGGS WITH VEG

Ingredients for 1 serving

- 2 eggs
- ½ onion
- ½ carrot
- 25 g/1 oz white cabbage (or Savoy cabbage)
- ¼ red pepper
- 20 g/¾ oz peas
- ½ tomato
- ½ tbs olive oil
- ½ tsp salt
- 1 pinch of pepper
- 1 tbs chopped chives

How to do it

- Cut onions, carrot, cabbage and pepper finely. Sauté the sliced vegetables in the olive oil in a warm preheated pan for about two to three minutes. Add eggs, salt and pepper. Finally, mix the peas into the mixture.
- Cut the tomato and garnish with them and chives.
- Serve with a slice of whole grain bread.

Nutritional values per serving:

ENERGY	302 kcal
PROTEIN	17.8 g
FAT	20.2 g
CARBOHYDRATES	15.2 g
DIETARY FIBRE	4.4 g

CHAPTER 4

LUNCH

4 10 MINUTE LUNCH BOXES

Pack 4 quick, green and healthy lunches

TO-GO TIP! Drizzle lemon over your fruit and vegetables. It gives a zingy freshness and prevents the fruit and veg from turning brown.

SPINACH WRAP with smoked salmon and fruit on the side

1 SERVING

- 100 g/3½ oz baby spinach
- 2 small eggs
- Extra virgin olive oil
- Sea salt and black pepper
- 75 g/2¾ oz thinly sliced salmon
- 1 apple
- Lemon
- 1 carrot
- A handful of blueberries
- A stem of mint
- 4 walnut halves

Rinse the spinach and toss it until it's dry. Blend the eggs with half of the spinach. Spray or brush a non-stick pan with oil. Put the egg mix in and fry on one side. Turn it over and fry it on the other side. Season with salt and pepper. Set aside to cool.

Meanwhile, prepare the fruit box. Cut the apple and carrot, and serve with blueberries, mint and walnuts. Roll the wrap tightly with the salmon and spinach, and halve.

Nutritional content per serving:

- Energy: 489 kcal • Protein: 32.9 g
- Fat: 28 g • Carbohydrates: 31 g
- Dietary fibre: 7.7 g

With these delicious, lightning fast recipes ***you don't have any excuse for not taking a packed lunch with you***. They only take 10 minutes to prepare and fuel you up for a long day of both work and exercise.

TO-GO TIP! Take the whole avocado with you, and mash it just before you're going to eat it. Take the dressing with you in a small tub or jar.

● AVOCADO MASH with prawns and tomato skyr

1 SERVING

- **1 slice of rye bread**
- **1 avocado**
- **100 g/3½ oz prawns**
- **Sea salt and black pepper**
- **A small bunch of chives**

Dressing

- **50 ml/1¾ fl oz skyr**
- **1 tsp mayonnaise**
- **1 tsp concentrated tomato purée**, or a good ketchup
- **½ tsp Worcester sauce**
- **1 organic lemon**
- **Tabasco**
- **Sea salt and a pinch of black pepper**

Stir the skyr with mayonnaise, tomato purée and Worcester sauce. Season the dressing with grated lemon zest, lemon juice, tabasco, salt and pepper. Toast the bread. Mash the avocado flesh with a little lemon juice, and season with salt. Spread it on the bread, and serve with prawns, chopped chives, dressing and a lemon wedge.

Nutritional content per serving:

- Energy: 444 kcal ● Protein: 28 g
- Fat: 20.9 g ● Carbohydrates: 42.1 g
- Dietary fibre: 11 g

CHICKEN SALAD
with cabbage, tomatoes, peppers and mango

1 SERVING

- 1 chicken breast fillet
- Extra virgin olive oil
- Sea salt and a pinch of black pepper
- 75 g/2¾ oz finely chopped green cabbage
- 75 g/2¾ oz finely chopped red cabbage
- 50 g/1¾ oz salad leaves
- 3 San Marzano tomatoes
- ¼ red pepper
- ¼ mango

Dressing

- 1 tbs Dijon mustard
- 50 ml/1¾ fl oz white wine vinegar
- 100 ml/3½ fl oz cold-pressed rapeseed oil
- 100 ml/3½ fl oz Extra virgin olive oil
- A few parsley stalks
- 1 organic lemon

Cut the meat into cubes, fry it in olive oil, season with salt and pepper – or use leftover chicken from the night before.

Whisk the main ingredients for the dressing: mustard, vinegar and oil – and season with salt, pepper and grated lemon zest. Add finely chopped parsley. Toss the cabbage and the salad with one to two tbs of dressing. Cut the tomatoes, peppers and mangoes. Serve the greens with the chicken.

Nutritional content per serving:

● Energy: 409 kcal ● Protein: 30.9 g
● Fat: 21.5 g ● Carbohydrates: 26.9 g
● Dietary fibre: 6.7 g

TO-GO TIP! Put the dressing in a small tub or jar with a lid, shake it, and drizzle it over the salad just before eating.

● ASIAN BOX

with roasted chickpeas, hard-boiled egg and peanut dressing

1 SERVING

- **50 g/1¾ oz soaked and boiled chickpeas** (about 25 g/1 oz), or from a can
- **Sea salt**
- **50 g/1¾ oz edamame beans**
- **Cold-pressed rapeseed oil**
- **100 g/3½ oz tenderstem broccoli**/finely chopped broccoli or cauliflower
- **1 egg**
- **1 carrot**
- **100 g/3½ oz Chinese radish**
- **1 kiwi**
- **50 g/1¾ oz strawberries** – or other fruit

Peanut dressing

- **2 tsp peanut butter**
- **1 tsp oil: sesame oil,** rapeseed oil or olive oil
- **1 tsp soy sauce**
- **½ tsp rice vinegar**
- **Lime juice**
- **A pinch of black pepper**

Dry-fry the chickpeas in a pan and sprinkle with salt (you could season it with a little garlic and chilli).

Blanch the edamame beans with a drop of rapeseed oil and salt, and let them drain. Put the cabbage in the same boiling water and give it a minute. Let it drain in a sieve.

Boil the egg for seven minutes. Peel and cut carrot, Chinese radish, kiwi and strawberries.

Put it all in a couple of good size tubs.

Stir in the dressing and season it with some salt and pepper.

Nutritional content per serving:

- Energy: 478 kcal ● Protein: 26.5 g
- Fat: 22.4 g ● Carbohydrates: 50.3 g
- Dietary fibre: 13.8 g

TO-GO TIP! Boil the egg (seven minutes) and leave the shell on. Peel it at the last minute before you eat.

DELUXE
PACKED LUNCHES

For those days when ***your packed lunch deserves a little extra,*** or you are going on a cosy picnic, we have created some up-to-the-minute and indulgent packed lunches for you.

Take the jar with your healthy, homemade cup noodles to work with you, and add boiling water, five minutes before you want to eat.

● **NOODLE SOUP**
with miso,chicken and vegetables

● **TWO KINDS OF SUSHI SANDWICH**
with breaded tofu and avocado or salmon and mango

NOTE! The pickled cabbage should soak for six to eight hours before it is ready to eat. If you are in a hurry, just use raw, finely chopped cabbage.

NOODLE SOUP

with miso, chicken and vegetables

4 SERVINGS

- 2 chicken breast fillet
- 200 g/7 oz whole grain noodles
- 1 carrot
- 2 spring onions
- 75 g/2¾ oz mushrooms
- 50 g/1¾ oz sugar snap peas
- 4 tbs miso
- 4 tsp soy sauce
- 1–2 tsp ginger, finely chopped
- 1–2 tsp chopped turmeric root
- 200 g/7 oz edamame beans

1. Fry the chicken fillets. Boil the noodles according to the package instructions, but for a minute or so less than usual. Rinse the noodles with cold water, cut the chicken into slices, and set both aside.

2. Wash and cut the vegetables into bite-sized pieces. Divide miso and soy into four jam jars.

3. Fill the jars with the cooked, cooled noodles, the sliced vegetables, chicken, ginger, turmeric and edamame beans. Adjust the amount of ginger and turmeric to your taste, and possibly add a little spice, such as chilli. Put the lid on. Your homemade cup noodles are now ready to take with you. Keep them in the fridge until you want to eat them.

4. Prepare the homemade noodle soup by pouring boiling water into the glass – there must be enough water for all the ingredients to be covered. Then put the lid on the jar and let it stand for five minutes.

5. Remove the lid and stir thoroughly to dissolve the miso.

Nutritional content per serving:

- Energy: 345 kcal • Protein: 24.7 g
- Fat: 6.2 g • Carbohydrates: 49.8 g
- Dietary fibre: 5 g

SUSHI SANDWICH

with breaded tofu and avocado or salmon and mango

16 PIECES/4 SERVINGS

Pickled red cabbage

- ⅓ red cabbage
- 100 ml/3½ fl oz apple cider vinegar
- 100 ml/3½ fl oz water
- 1 tbs honey
- ½ tsp salt

Breaded tofu

- 200 g/7 oz tofu
- 1 tbs soy sauce
- 1 tbs whole wheat flour
- 50 g/1¾ oz almonds, chopped
- 50 g/1¾ oz coarse-cut oatmeal
- 1 egg
- ½ tsp salt
- A pinch of pepper

Wasabi dressing

- 100 ml/3½ fl oz skyr
- ½–1 tsp wasabi
- 1–2 tsp lemon juice
- ½ tsp acacia honey
- A pinch of salt

Fillings

- ½ cauliflower
- 8 sheets of nori paper
- 50 g/1¾ oz spinach
- 1 avocado, cut into slices
- 1 tbs sesame seeds, toasted
- 200 g/7 oz smoked salmon,
- ¼ mango, cut into slices

Pickled cabbage

1. Chop the cabbage finely, and pour it into a mason jar.

2. Bring vinegar, water, honey, and salt to a boil, simmer for a few minutes and then pour the mixture into the jar so that it covers the cabbage.

3. Let the cabbage rest with the lid on for six to eight hours before it is ready for use. It can stay refrigerated for two weeks.

Breaded tofu

1. Cut tofu into four slices, turn the slices in soy and then in flour until completely covered.

2. Mix the chopped almonds and oatmeal, and set aside.

3. Whisk the egg together with salt and pepper. Turn the tofu slices in the egg and bread them in the almond-oatmeal mixture.

4. Place the slices on a tray lined with parchment paper, and bake them in a preheated oven at 200° C/390° F/Gas Mark 6 for 20 minutes, until lightly crispy on the outside. Turn halfway.

Wasabi dressing

Stir all the ingredients together.

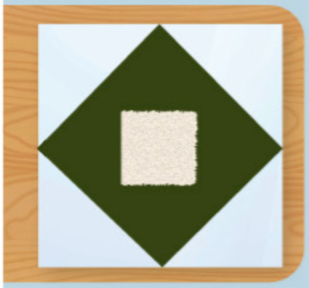
Cauliflower rice

Cut the cauliflower into smaller florets, and blend them in a food processor until they have a rice-like consistency. If you do not have a food processor, you can grate the cauliflower instead or chop it finely with a knife.

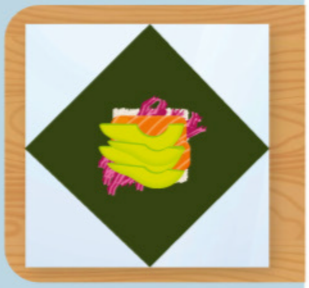
Nutritional content per serving:

- Energy: 368 kcal • Protein: 26.9 g
- Fat: 17.2 g • Carbohydrates: 30.8 g
- Dietary fibre: 7.8 g

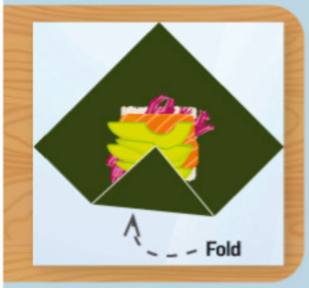
HOW TO MAKE YOUR SUSHI-SANDWICH



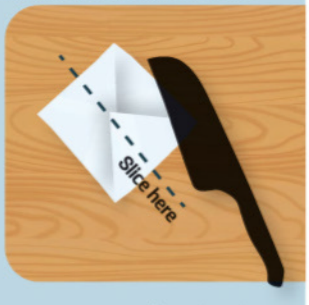
1. Lay cling film on a cutting board. Place a piece of nori on top with the smooth side down and the corners opposite the corners of the film. Fill with a small square of cauliflower rice in the centre of the nori.



2. Now place either tofu, spinach, pickled cabbage and avocado on top of cauliflower rice - or salmon, spinach, cabbage and mango. It should be as compact and tightly packed as possible.



3. Lightly moisten the nori paper and fold the corners tightly into the middle of the sandwich until you have a small square package. Use the cling film to wrap the sandwich tightly. Set it aside. Place on a cutting board or similar.



4. Take a sharp knife, moisten it, and now carefully cut the eight sandwiches in half. Sprinkle with roasted sesame seeds. Pack them in your lunch box and keep them in the fridge until you're ready to eat them. Serve with the wasabi dressing.

TUNA MEATBALLS
with crunchy vegetables and a dip

4 SERVINGS

Tuna meatballs

- **2 tins of tuna,** in water
- **2 carrots,** finely grated
- **1 red pepper,** finely sliced
- **5 spring onions,** finely chopped
- **2 eggs**
- **200 ml/7 fl oz oatmeal**
- **1 tsp smoked paprika**
- **⅓ tsp cayenne pepper**
- **½ tsp garlic powder**
- **½ tsp salt**
- **A pinch of pepper**

Crunchy vegetables

- **4 carrots**
- **1 cucumber**
- **2 peppers**
- **¼ cauliflower**
- **12 cherry tomatoes**
- **Dip of your choice**

1. Drain the water off the tuna and pour the tuna into a bowl. Mash lightly with a fork, add the other meatball ingredients, and stir thoroughly. If the mince is too wet, add a little extra oatmeal.

2. Form the mince into 24 small meatballs and place them on a baking tray lined with parchment paper. Bake the meatballs in a hot oven at 180° C/350° F/Gas Mark 4 until lightly golden.

3. Serve the tuna meatballs with cucumber, peppers, cherry tomatoes and cauliflower cut into slices and pesto or a dip of your choice.

Nutritional content per serving (without dip):

- Energy: 318 kcal • Protein: 29.9 g
- Fat: 7.5 g • Carbohydrates: 37.8 g
- Dietary fibre: 10.3 g

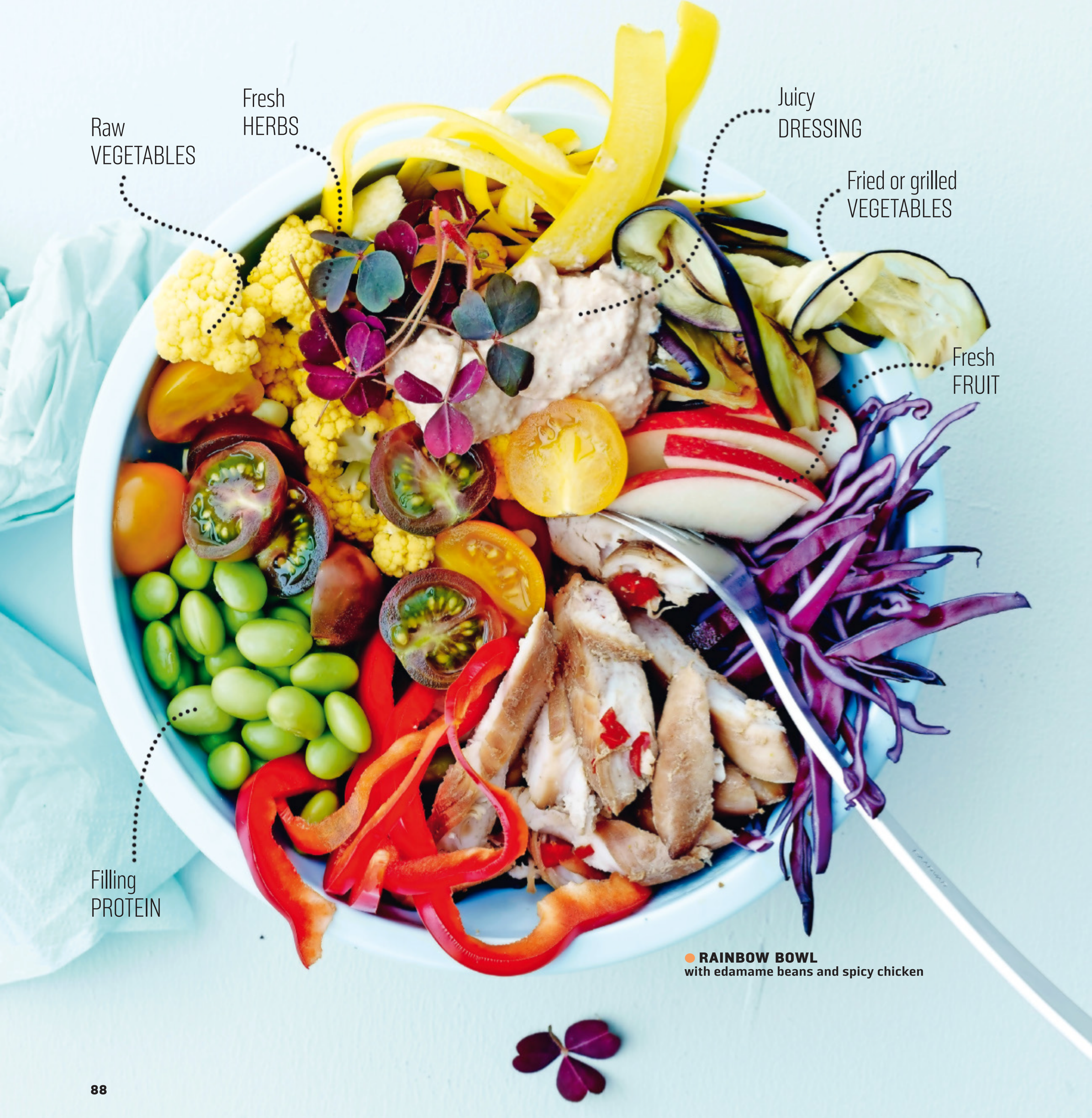
Put cucumber strips and mint in a glass of water and refrigerate – delicious and fresh!

TUNA MEATBALLS
with crunchy vegetables and a dip

CREATE A HEALTHY SYMPHONY OF COLOUR FROM LEFTOVERS

HIPPIE **BOWLS**

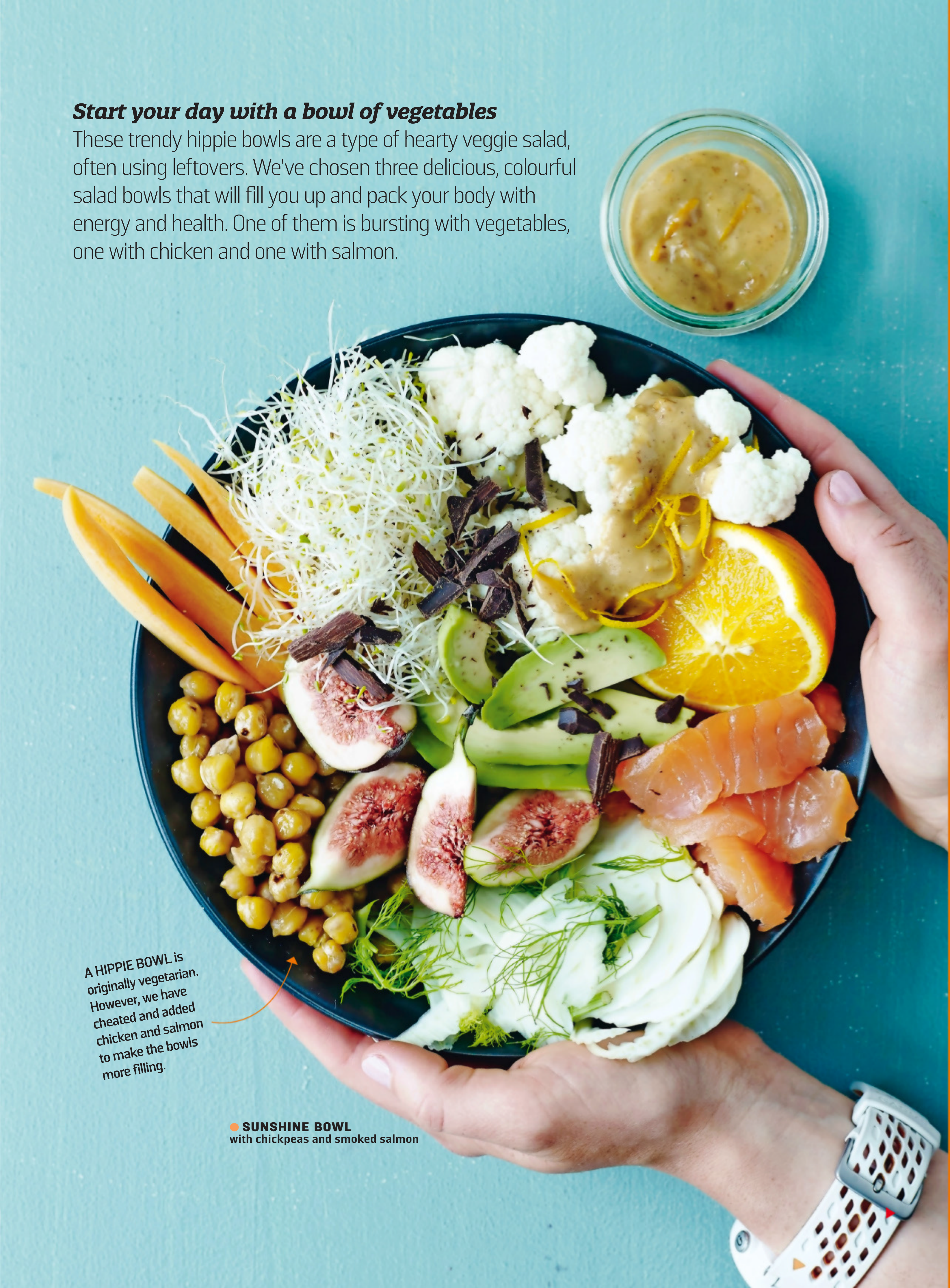
healthy salad bowls in all the colours of the rainbow


Raw VEGETABLES
Fresh HERBS
Juicy DRESSING
Fried or grilled VEGETABLES
Fresh FRUIT
Filling PROTEIN

● **RAINBOW BOWL**
with edamame beans and spicy chicken

Start your day with a bowl of vegetables

These trendy hippie bowls are a type of hearty veggie salad, often using leftovers. We've chosen three delicious, colourful salad bowls that will fill you up and pack your body with energy and health. One of them is bursting with vegetables, one with chicken and one with salmon.



A HIPPIE BOWL is originally vegetarian. However, we have cheated and added chicken and salmon to make the bowls more filling.

● **SUNSHINE BOWL**
with chickpeas and smoked salmon

How to mix your own **HIPPIE BOWL**

A hippie bowl is originally a vegetarian dish made up of the following elements:

1. A grain product such as rice or quinoa, preferably last night's leftovers. It can also be legumes like lentils or beans.
2. Lots of vegetables – the more colour, the better! Have them raw, roasted, steamed or grilled.
3. Eggs to give you some protein – fried eggs, hard-boiled or poached.
4. Dressing – and be generous here! It's the dressing that gives the bowl pizazz. It can consist of anything from a peanut butter dressing to tahini, salsa, hummus, tamari or guacamole.
5. A crunchy sprinkle for example, toasted nuts, seeds or kernels that give you some healthy fats.

● **BUDDHA BOWL**
with kale chips and green lentils

● RAINBOW BOWL

with edamame beans and spicy chicken

2 SERVINGS

- 100 g/3½ oz edamame beans
- 1 yellow squash
- ½ aubergine
- 1 tsp olive oil
- 1 tbs thyme
- 200 g/7 oz cherry tomatoes
- ½ red pepper
- 200 g/7 oz red cabbage
- 100 g/3½ oz cauliflower
- 1 apple
- 1 handful of red sorrel

Chicken

- 200 g/7 oz chicken
- 1 tbs soy sauce
- ¼ red chilli
- 1 clove of garlic
- 1 pinch of stevia

Dressing

- 40 g/1½ oz cashew nuts
- 20 g/¾ oz sun-dried tomatoes
- Juice and peel from ¼ organic lemon
- 1 pinch of stevia
- 1 pinch of salt
- 3 tbs soya milk

Soak cashews and sun-dried tomatoes for a minimum of 20 minutes. Pour off the water and put all the ingredients for the dressing into a blender. Blend. Add more milk if necessary.

Cut the aubergine into thin slices, sprinkle with thyme and olive oil, and cook in a hot pan for three minutes on each side. Cut the squash into strips, and the other vegetables into desired size.

Cut the chicken into slices, marinate in soy sauce, chilli, garlic and stevia, and sauté them in a pan in a little oil for 10 minutes, turning as you cook.

Serve in two bowls.

Nutritional content per serving:

• Energy: 487 kcal • Protein: 37.5 g
• Fat: 18 g • Carbohydrates: 45.5 g
• Dietary fibre: 11 g

● SUNSHINE BOWL

with chickpeas and smoked salmon

2 SERVINGS

- 1 fennel
- 2 fresh figs
- 150 g/5¼ oz cooked chickpeas (can be omitted and replaced by more salmon)
- 1 tsp olive oil
- 1 pinch of salt
- ½ avocado
- 1 handful of alfalfa sprouts
- 10 g/¼ oz chocolate
- 2 carrots
- 1 handful of cauliflower
- 100 g/3½ oz smoked salmon

Dressing

- 2 tbs peanut butter sugar-free
- 4 jalapeños
- 1 tbs soy sauce
- Juice of ½ orange
- 1 tsp agave syrup
- 2 tbs water

Blend the dressing.

Fry the cooked chickpeas in a pan in oil and salt for five minutes.

Cut the vegetables and fruit into chunks, and serve it in two bowls with chickpeas and salmon. Pour over the dressing and sprinkle with coarsely chopped chocolate.

You could also serve the other half orange with the salad.

Nutritional content per serving:

• Energy: 426.5 kcal • Protein: 22 g
• Fat: 23 g • Carbohydrates: 37 g
• Dietary fibre: 6.5 g

AND A GREAT LUNCH BOX!

Mix leftovers from dinner and make a dressing in a separate tub. Then you have an easy and healthy lunch-to-go for the next day!

● BUDDHA BOWL

with kale chips and green lentils

2 SERVINGS

- ½ small Hokkaido pumpkin
- 100 ml/3½ oz green lentils
- ½ red onion
- ½ red grapefruit
- 1 Bolshevik beetroot
- 2 handfuls of rocket
- Seeds from ½ pomegranate

Vegetable chips

- 3 large kale stalks
- 2 tsp olive oil
- ⅕ tsp salt

Tahini-dressing

- 2 tbs tahini
- Juice from 1 lime
- 1 tsp agave syrup
- 1 tbs soy sauce
- 1 tbs water
- Small chilli (optional)

Remove the stem from the kale and toss the leaves in oil and salt. Bake them in the oven at 150° C/300° F/Gas Mark 2 for about 20 minutes.

Stir the ingredients for the dressing together. Boil the lentils as described on the packaging and allow to cool.

Meanwhile, cut the other vegetables as you wish. Remove the membranes from the grapefruit pieces if you want.

Serve in two bowls, and finally, just before serving, add the crispy kale chips. Pour on the tahini dressing.

Nutritional content per serving:

• Energy: 375 kcal • Protein: 19 g
• Fat: 14 g • Carbohydrates: 46.5 g
• Dietary fibre: 4.3 g

CHAPTER 5

DINNER

Treat your body to an explosion of colour

Stimulate your senses by turning your plate into an explosion of colour. **And get a wide range of nutrients and antioxidants.** Here are four dishes that make a bang!

Some vegetables are better than others, but no single vegetable – no matter how healthy it is – will provide you with all you need. You can, however, combine them for maximum healthy effect. It's easy; you just have to use your eyes.

It's recommended that we eat five a day. Other countries opt for quality over quantity and recommend a variety of different coloured fruits and vegetables. That advice is not given lightly because when you eat in all the colours of the rainbow, there is a chance that your body will stock up on nutrients. Primarily because you do not end up eating just salad and cucumber seven days a week. So, for example, you automatically get a wealth of different health-promoting nutrients when you supplement grass-coloured kale with ink-black berries and ruby-red radishes. But variety is not the only benefit.

Several benefits

In fact, alluring colour foods are also healthy in themselves. Tomatoes are bright red because of their high content of the antioxidant lycopene. Anthocyanins give blue-purple berries their colour and orange carrots are packed with carotenoids. In other words, the bright colours occur because fruits and vegetables are rich in powerful antioxidants that, for example, can keep your cells healthy and free of inflammation.

Our immune system needs some inflammation, but when it becomes chronic it's hard to cope with. Studies indicate that many conditions like diabetes, dementia, depression, arthritis and cardiovascular disease originate in or are exacerbated by mild chronic inflammation of the body and brain.

Use the entire colour palette in the kitchen. Over the following pages, we make it easy for you to serve an array of delicious, appealing dishes in a range of sparkling colours!

Rice paper rolls with chicken

TIP!

Vegetables will keep their colour if you don't overcook them. For example, just blanch them briefly – or eat them raw.

TIP!

Unlike most other nutrients, the red dye lycopene is best absorbed if the tomatoes are heated.

Vegetarian lentil stew with tomatoes

TIP!
These waffles are guaranteed to turn your Instagram followers green with envy. If you do not like broccoli, you can get the same healthy colour using spinach or kale.

Broccoli waffles with pea hummus, avocado and dukkah

Fish tortilla with a tropical salsa

TIP!

Just because it is pale, there is no need to leave white cabbage in the back of the vegetable rack. It fills you up with dietary fibre, vitamin C and heart-friendly potassium – and it contains virtually no calories.

Rice paper rolls with chicken

2 SERVINGS

- **½ red chilli,** small
- **1 tsp ginger**
- **½ tbs extra virgin olive oil**
- **1 chicken fillet**
- **75 g/2¾ oz red cabbage**
- **½ mango**
- **½ avocado**
- **1 carrot**
- **⅓ cucumber**
- **1 red pepper**
- **2 large handful spinach**
- **Fresh herbs,** like coriander
- **10 sheets rice paper**

Dip

- **½ tsp ginger**
- **4 tbs sweet chilli sauce**
- **1 tbs fish sauce**
- **½ lime,** juice
- **Sea salt**
- **Black pepper,** freshly ground

1. Finely chop the chilli and ginger. Mix with oil. Grease the chicken with the marinade and refrigerate for 30 minutes.
2. Fry the chicken, and cut into thin strips.
3. Cut fruit and vegetables into thin strips.
4. Grate ginger finely, and stir with the other ingredients for the dip.
5. Fill a dish with warm water and dip the rice paper for a few seconds until softened. Place it carefully on a cutting board. Place fruit, vegetables and chicken in the middle of the paper. Fold the side facing you towards the middle and over the filling. Then fold the sides in over the middle and roll gently but tightly until the rice paper roll is completely closed. Repeat the process.
6. Cut the rice paper rolls and serve with dip.

Nutritional content per serving:
Energy: 446 kcal • Protein: 18 g • Fat: 6 g • Carbohydrates: 81 g • Dietary fibre: 8 g

Vegetarian lentil stew with tomatoes

4 SERVINGS

- **1 onion**
- **2 cloves of garlic**
- **½ red pepper**
- **½-1 red chilli**
- **1 tbs extra virgin olive oil**
- **50 g/1¾ oz sun-dried tomatoes**
- **400 g/14 oz chopped tomatoes**
- **150 g/5¼ oz red lentils**
- **400 ml/14 fl oz water**
- **1 vegetable stock cube**
- **2 tsp sweet paprika**
- **1 tbs light tahini**
- **Sea salt**
- **Black pepper,** freshly ground
- **350 g/12¼ oz lentil pasta**
- **Broad-leaf parsley**

1. Finely chop onion, garlic, red pepper and chilli and sauté in a pan with the oil.
2. Add the other ingredients, except the pasta and parsley. Let the dish simmer over medium heat for 20-25 minutes.
3. Cook the lentil pasta according to the instructions on the packet.
4. Serve the stew with pasta and roughly chopped parsley.

Nutritional content per serving:
Energy: 494 kcal • Protein: 34 g • Fat: 8 g • Carbohydrates: 78 g • Dietary fibre: 11 g

TIP!
If you can't find lentil pasta, the dish also tastes delicious with naan bread or rice.

Broccoli waffles with pea hummus, avocado and dukkah

4 SERVINGS

Waffles

- **½ broccoli,** small
- **2 eggs**
- **1 spring onion**
- **100 g/3½ oz grated cheese**
- **100 g/3½ oz buckwheat flour**
- **1 tsp baking soda**
- **Sea salt**
- **Black pepper,** freshly ground

Pea hummus

- **240 g/8½ oz cooked chickpeas**
- **300 g/10½ oz peas,** frozen
- **1 clove of garlic**
- **1 tbs light tahini**
- **1 tbs extra virgin olive oil**
- **½ lemon,** juice
- **1 handful of fresh herbs,** like broad-leaf parsley
- **Sea salt**
- **Black pepper,** freshly ground

Dukkah

- **100 g/3½ oz pistachios**
- **50 g/1¾ oz pumpkin seeds**
- **4 tbs sesame seeds**
- **50 g/1¾ oz almonds**
- **2 tsp ground cumin**
- **1 tsp chilli flakes**
- **½ tsp sea salt**
- **Black pepper,** freshly ground

Garnish

1 handful of fresh herbs
- **Lime or lemon,** juice

1. Blend all ingredients for the batter. Let it rest for 10 mins.
2. Turn on the waffle iron.
3. Pour the batter into the waffle iron and bake four lightly golden waffles.
4. Blend all the ingredients for the hummus.
5. Roughly chop nuts and almonds. Fry all ingredients for the dukkah in a dry pan over medium heat for five minutes.
6. Serve the waffles warm with hummus, herbs, dukkah and a drizzle of lemon juice.

Nutritional content per serving:
Energy: 497 kcal • Protein: 25 g • Fat: 25 g • Carbohydrates: 49 g • Dietary fibre: 10 g

Fish tortilla with a tropical salsa

2 SERVINGS

Fish

- **250 g/8¾ oz white fish,** like cod
- **1 tbs extra virgin olive oil**
- **½ tsp garlic powder**
- **¼ tsp chilli powder**
- **Sea salt**
- **Black pepper,** freshly ground

Salsa

- **½ mango**
- **1 slice of pineapple** 1 cm/½ in
- **½ yellow pepper**
- **8 yellow cherry tomatoes**
- **½ red onion,** small
- **1 chilli**
- **½ lime,** juice
- **1 tsp extra virgin olive oil**
- **1 handful of fresh coriander**
- **Sea salt**
- **Black pepper,** freshly ground

Accompaniments

- **100 g/3½ oz white cabbage**
- **1 handful of fresh coriander**
- **4 wholegrain tortillas**
- **2 tbs crème fraîche**

1. Heat the oven to 175° C/ 345° F/Gas Mark 3.
2. Cut fish into bite-sized chunks. Mix oil with the spices, and roll the fish into the mixture. Distribute in an ovenproof dish, and bake for 15 minutes.
3. Cut fruit and vegetables finely for the salsa. Pour into a bowl along with lime, oil and coriander. Stir together thoroughly and season with salt and pepper.
4. Cut white cabbage and coriander finely. Warm the tortillas in the pan, and serve with cabbage, baked fish, tropical salsa, crème fraîche and coriander.

Nutritional content per serving:
Energy: 532 kcal • Protein: 33 g • Fat: 16 g • Carbohydrates: 65 g • Dietary fibre: 9 g

a taste of Salmon

Three ways with salmon! Salmon scored highly as the nation's favourite fish – and for good reason! It is stuffed with saturating proteins and vitamin D, it tastes good, has a delicious consistency, can be cooked in a number of ways, and is totally healthy and full of Omega-3 fats that boost heart, circulation and brain, not forgetting that it gives you beautiful skin and healthy hair too.

ORANGE GLAZED SALMON

with fennel crudités

2 servings
- *2 salmon pieces about 125 g/4½ oz each*
- *1 fennel bulb*
- *2 lime*
- *1 lemon*
- *Sea salt*
- *A handful of fresh mint leaves*
- *1 tbs extra virgin olive oil*

Salmon marinade
- *2 tbs soy sauce*
- *4 tbs orange juice*
- *1 tbs maple syrup*
- *1 tsp ground ginger*
- *A pinch of black pepper*

Pick out any bones from the fish. Mix the marinade and brush it over the top of the salmon. Dip the fish in the marinade too. Cover with film and refrigerate for an hour. Cut the fennel finely on a chopping board and marinate it in the juice from one lime and a half lemon. Season with salt and pepper, taste it. Fry fish in olive oil in a non-stick pan, first on the upper side for about three minutes, then turn the fish and finish on the skin side. Check the flesh to see when it is cooked. At the last minute of frying, spoon the rest of the marinade over the fish. Serve with lime and lemon slices, fennel crudités and mint.

Nutritional content per serving:
Energy: 334 kcal • Protein: 25.8 g
• Fat: 18.7 g • Carbohydrates: 16.7 g
• Dietary Fibre: 1.9 g

salmon

Three ways

SALMON BAGELS

with herb cream

2 servings

- *1 bunch of chives*
- *1 bunch of dill*
- *150 g/5¼ oz salmon fillets*
- *1 egg*
- *Sea salt and pinch of black pepper*
- *1 tbs virgin olive oil*
- *½ cucumber*
- *4 small tomatoes*
- *100 ml/3½ fl oz crème fraîche*
- *1 lemon*
- *1 Romaine lettuce*
- *2 small whole grain bagels, about 100 g/3½ oz per serving*
- *1 lime*

Rinse and wrap the herbs in a kitchen towel. Chop them very finely. Use ⅔ for the salmon steak, the rest for the herb cream. Cut the salmon into thin strips, stir it with eggs, salt, pepper and ⅓ of the herbs. Form two patties. Fry these in olive oil in a non-stick pan; first on high on both sides, then at medium heat, for about 10 minutes in total. Split the cucumber lengthwise, remove the seeds with a teaspoon, cut the flesh into small cubes. Rinse, dry and cut the tomatoes into slices. Stir in herbs and season with salt, pepper and lemon juice. Rinse and toss lettuce leaves. Cut bagel in half and butter with a little of the crème fraîche, lettuce leaves on the bottom, then the patties, cream, cucumber and tomato. Serve with lime slices.

Nutritional content per serving:
Energy: 561 kcal • Protein: 35.3 g
• Fat: 17.6 g • Carbohydrates: 69.6 g
• Dietary Fibre: 8.6 g

Concerned about calories?

So eat only one half of the bagel. As a result, the meal drops to 418 kcal.

SALMON TARTAR
with avocado and radicchio

2 servings

- *250 g/8¾ oz salmon fillet*
- *1 lemon*
- *2 lime*
- *Sea salt and a pinch of black pepper*
- *1 small bunch of chives*
- *1 small bunch of dill*
- *1 cucumber*
- *1 radicchio salad (or any other type of salad)*
- *1 avocado*

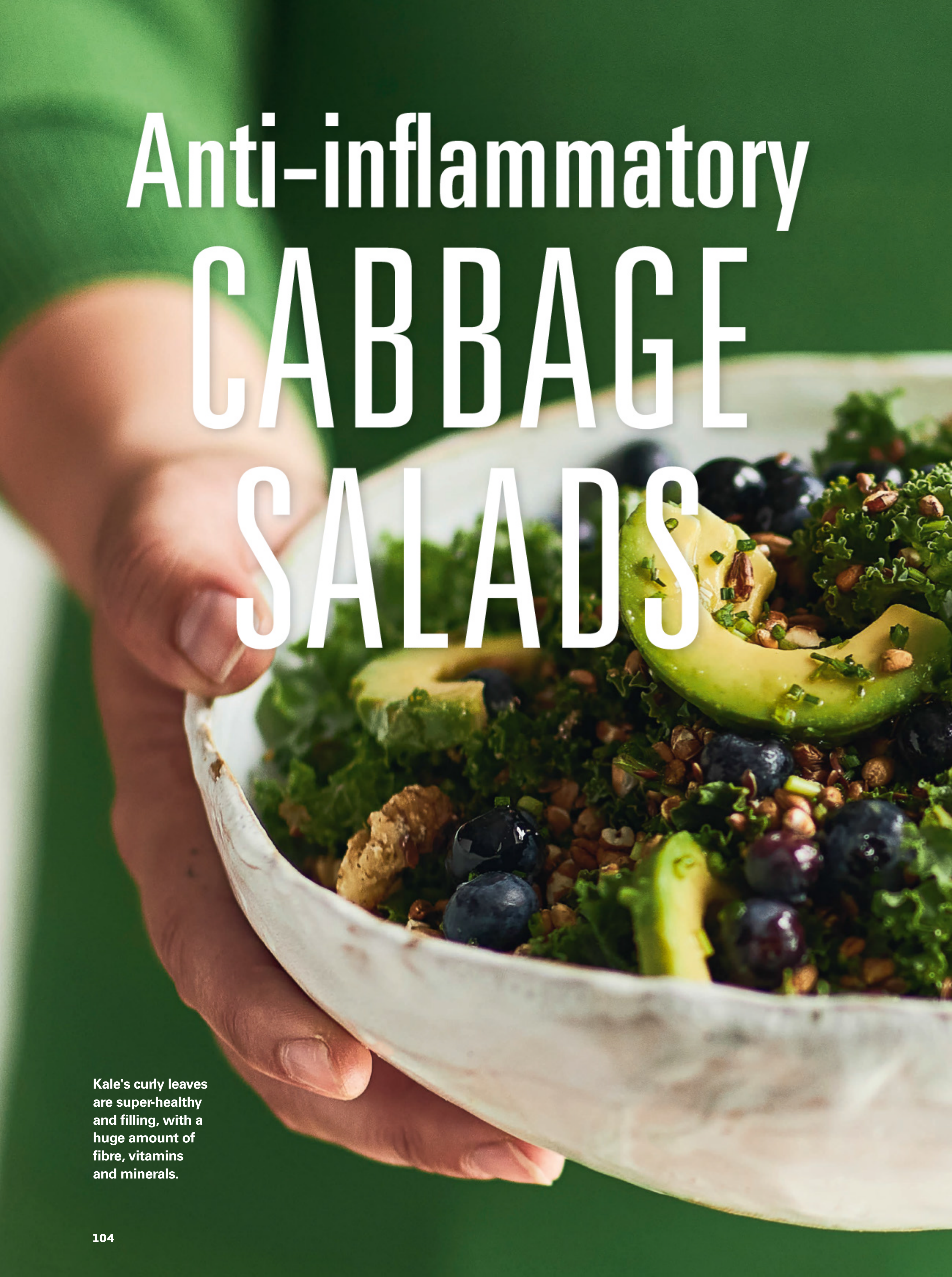
On the side

- *2 slices toasted whole grain bread or toasted rye*

Cut the salmon into small cubes. Cover with lemon and lime juice, season with salt and pepper. Taste. Rinse and wrap herbs in kitchen towel. Chop finely and add to the tartar. Refrigerate for 15 minutes. Split the cucumber lengthwise, remove the seeds with a teaspoon, cut the cucumber into small cubes. Rinse and toss the salad dry, and tear it into smaller pieces. Halve the avocado, remove the stone, and drizzle with lemon juice. Prepare the salmon tartar with cucumber and lettuce and place avocado on top.

Nutritional content per serving:
Energy: 449 kcal • Protein: 29.8 g • Fat: 21.6 g • Carbohydrates: 39.2 g • Dietary Fibre: 9.6 g

Anti-inflammatory CABBAGE SALADS



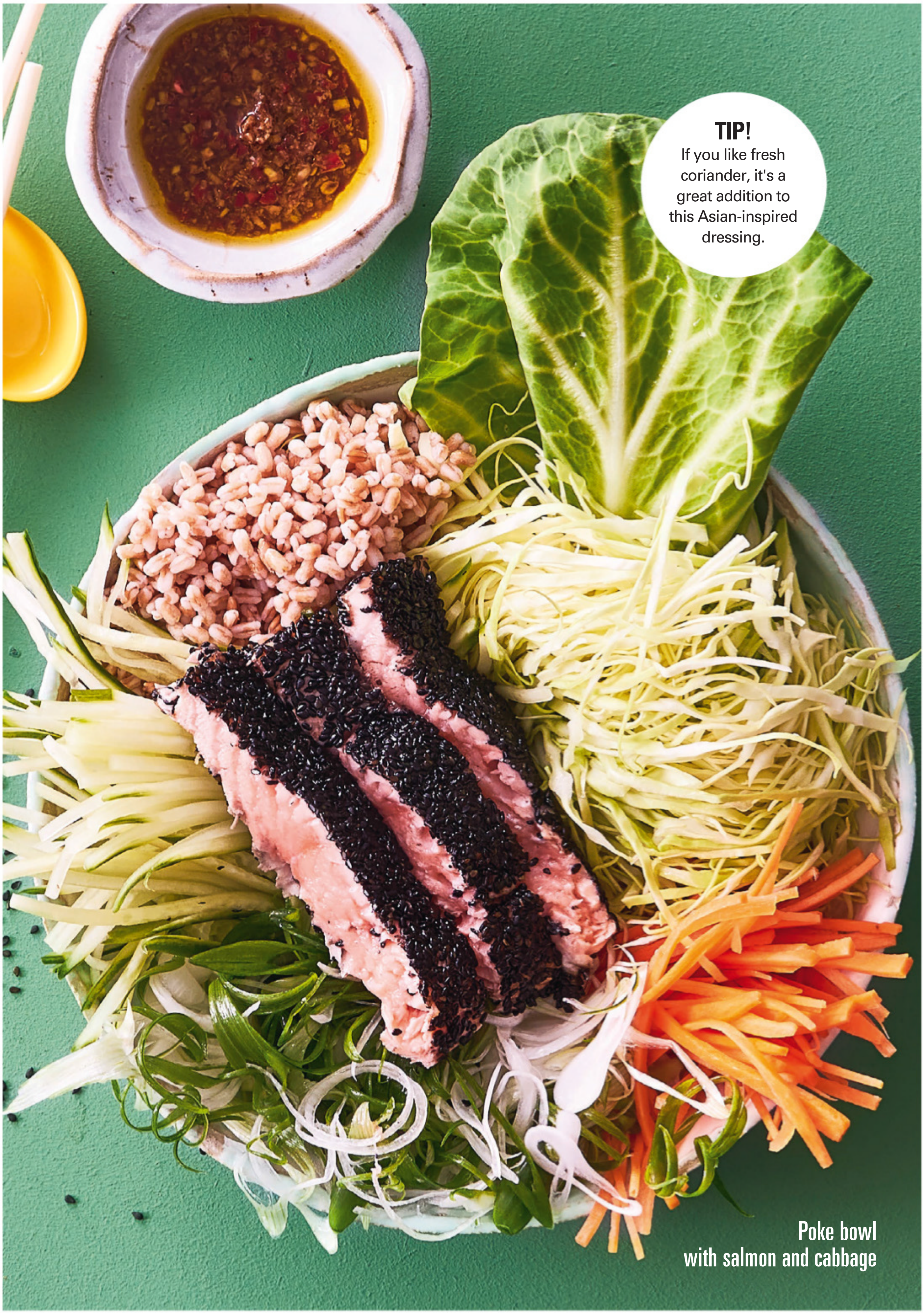
Kale's curly leaves are super-healthy and filling, with a huge amount of fibre, vitamins and minerals.

If you want to boost your immune system and fight inflammation, some foods are so good for you. We've put together four easy and **super-healthy cabbage salads with salmon, chicken, berries, nuts and other delicious treats** to keep you energised throughout during the day.

Fresh kale salad with walnuts and dressing

TIP!

Spice up the salad with some fennel seeds. Use about 1 tsp per person. Add the seeds a few at a time and season to taste.



TIP!
If you like fresh coriander, it's a great addition to this Asian-inspired dressing.

Poke bowl
with salmon and cabbage

Brussels sprout salad with chicken, pomegranate and almonds

TIP!
Sprinkle dry roasted pumpkin seeds over the salad. They are ready when they start popping in the pan and have taken on a little colour.

These little cabbages are brilliant for keeping your digestion working smoothly.

The best raw red cabbage salad

4 SERVINGS

- 300 g/10½ oz beetroot
- 500 g/17½ oz red cabbage
- 200 g/7 oz blackberries
- 150 g/5¼ oz quinoa
- 50 g/1¾ oz almonds
- 30 g/1 oz mint leaves

Dressing

- 4 tbs soy sauce
- 1 tsp ginger

1. Preheat the oven to 200° C/390° F/Gas Mark 6.
2. Peel the beetroot and cut it into 1 cm cubes. Bake for 20 minutes.
3. Finely chop the red cabbage and halve the blackberries.
4. Follow the instructions on the packing to cook the quinoa.
5. Toss the completely cooled quinoa and beetroot into a bowl along with the red cabbage, almonds and mint leaves. Reserve a few mint leaves for a garnish.
6. Peel and finely grate the ginger. Whisk the soy and grated ginger, toss the beetroot in the dressing, then mix with the other ingredients.
7. Garnish with the remaining mint leaves.

Preparation time: 20 minutes.

Nutritional content per serving:
Energy: 315 kcal • Protein: 13 g
• Fat: 10 g • Carbohydrates: 38 g
• Dietary fibre: 13 g

TIP!
If you want a more tart flavour, grate some apple into the salad. But make sure the apple is not too sweet.

The deep, dark colours of beetroot, berries and red cabbage look appealing in the bowl.

Fresh kale salad with walnuts and dressing

4 SERVINGS

- **500 g/17½ oz kale**
- **75 g/2¾ oz walnuts,** halves
- **100 g/3½ oz leeks**
- **1 avocado**
- **150 g/5¼ oz blueberries**
- **300 g/10½ oz pearl barley**
- **50 g/1¾ oz flaxseed**

Dressing

- **2 tbs lemon juice**
- **100 ml/3½ fl oz extra virgin olive oil**
- **1 tsp sea salt**

1. Cook the pearl barley according to the instructions on the packet.
2. Remove the kale from the stalk and tear it into bite-sized pieces.
3. Toast the walnuts in a dry pan until they take on a little colour.
4. Finely chop the leeks and thinly slice the avocado.
5. Mix the cabbage, nuts, blueberries, pearl barley, leeks, avocado and flaxseed in a bowl.
6. Toss the salad with the lemon juice and olive oil and sprinkle with salt.

Preparation time: 15 minutes.

Nutritional content per serving:
Energy: 765 kcal • Protein: 19 g • Fat: 44 g • Carbohydrates: 64 g • Dietary fibre: 24 g

Poke bowl with salmon and cabbage

4 SERVINGS

- **400 g/14 oz salmon**
- **100 g/3½ oz black sesame seeds**
- **2 tbs extra virgin olive oil**
- **Sea salt**
- **Black pepper,** freshly-ground
- **300 g/10½ oz pearl spelt**
- **500 g/17½ oz sweetheart cabbage**
- **1 cucumber**
- **100 g/3½ oz carrots**
- **200 g/7 oz lettuce**
- **3 spring onions**

Dressing

- **1 large Thai chillies** or other chillies
- **1 clove of garlic**
- **1 tsp ginger**
- **2 tsp lime juice**
- **1 tbs fish sauce**

1. Coat the salmon in sesame seeds and fry in oil for about two minutes on each side. Season with salt and pepper.
2. Cut the cooled salmon into thick slices.
3. Cook the pearl spelt according to the instructions on the packet and cool.
4. Finely shred the cabbage, cut the cucumber into small sticks and the carrot into very thin strips.
5. Cut the spring onions into fine diagonal strips and place them in cold water until they curl. Cut the lettuce too.
6. Arrange the pearl spelt, sweetheart cabbage, cucumber, carrot, lettuce and spring onions in small bowls.
7. Garnish with whole salad leaves and finish with the salmon.
8. Finely chop the chilli and garlic and grate the ginger.
9. Mix all the ingredients for the dressing together. Pour over the salad immediately and serve the rest on the side in a small bowl.

Preparation time: 25 minutes.

Nutritional content per serving:
Energy: 584 kcal • Protein: 33 g • Fat: 31 g • Carbohydrates: 42 g • Dietary fibre: 6 g

Brussels sprout salad with chicken, pomegranate and almonds

4 SERVINGS

- **400 g/14 oz chicken breasts**
- **1 tbs Dijon mustard**
- **500 g/17½ oz Brussels sprouts**
- **2 apples**
- **100 g/3½ oz pomegranate seeds**
- **20 g/¾ oz almonds**
- **Sea salt**
- **Black pepper,** freshly-ground

Dressing

- **4 tbs rapeseed oil**
- **2 tbs runny honey**

1. Preheat the oven to 200° C/392° F/ Gas Mark 6.
2. Brush the chicken with mustard and bake for 15 minutes on a wire rack with a drip tray underneath. Let the chicken cool.
3. Peel the outside leaves off the Brussels sprouts, core the pomegranate and cut the apples into small cubes. Toss all three with the almonds.
4. Slice the chicken and place it on top of the salad, drizzle with oil and honey.
5. Season with salt and pepper.

Preparation time: 25 minutes.

Nutritional content per serving:
Energy: 409 kcal • Protein: 28 g • Fat: 19 g • Carbohydrates: 28 g • Dietary fibre: 7 g

TIP!
You can make a double portion as the salad is great for the next day's packed lunch.

EGG ROLL WITH SPINACH AND SALMON

2 SERVINGS • **10 minutes**

- **200 g/7 oz baby spinach**
- **3 tsp extra virgin olive oil**
- **Sea salt and a pinch of black pepper**
- **2 large eggs**
- **100 g/3½ oz smoked salmon**
- **A small bunch of dill**
- **A large handful of watercress**

Rinse the spinach thoroughly and let it drain. Put it in a saucepan with 1 tsp olive oil and a little salt. Warm through. Once the spinach has wilted, place it in a sieve to drain. Before serving, press it with a spoon so that the moisture is squeezed out of it.

Make two rounds of egg rolls. Beat each egg with a little salt and pepper. Fry each thin omelette in a non-stick pan with 1 tsp olive oil. Fry it on one side, then turn using a pot lid, and fry the other side. Place the omelettes on baking paper, and spread the spinach, salmon and dill on top. Roll the rolls tightly and cut them in half. Serve them on a bed of watercress.

Nutritional content per serving:	
• Energy:	236 kcal
• Protein:	20.8 g
• Fat:	15.6 g
• Carbohydrates:	4.6 g
• Dietary fibre:	2.1 g

RED CABBAGE SALAD WITH BAKED BEETROOT AND WHITE BEANS

2 SERVINGS • **30 minutes**

- **80 g/2¾ oz soaked and cooked white beans (40 g/1 oz dry)**
- **1 medium beetroot, about 150 g/5¼ oz**
- **2 tbs vinaigrette***
- **300 g/10½ oz red cabbage**
- **1 apple**
- **Lemon**
- **A bunch of broad-leaf parsley**
- **2 tbs toasted hazelnuts**

Peel the beetroot, grate it and squeeze out the juice. Bake at 190° C/ 375° F/Gas Mark 5 for 20 minutes. Then marinate the grated beetroot in 1 tbs vinaigrette. Finely cut the cabbage. Cut the apple into thin slices and toss them in lemon juice. Serve the red cabbage with beans, beetroot, apple, parsley and hazelnuts on a platter. Drizzle with the last spoonful of vinaigrette.

***VINAIGRETTE**

1 tbs Dijon mustard • 50 ml/1¾ fl oz dark balsamic vinegar • Sea salt • 1 clove crushed garlic • 1 tsp finely chopped ginger • 100 ml/3½ fl oz cold-pressed rapeseed oil or walnut oil • 100 ml/3½ fl oz extra virgin olive oil • A pinch of black pepper

Whisk mustard and vinegar with a pinch of salt. Add garlic and ginger. Now whip the 200 ml/7 fl oz oil in the dressing, little by little. Season with salt and pepper.

Nutritional content per serving:	
• Energy:	287 kcal
• Protein:	9 g
• Fat:	12.2 g
• Carbohydrates:	40.9 g
• Dietary fibre:	10.5 g

CHICKEN AND APPLE SALAD WITH JERUSALEM ARTICHOKE CRUDITÉS

2 SERVINGS • **30 minutes**

- **2 chicken breast fillets**
- **1 tbs extra virgin olive oil**
- **Sea salt**
- **200 g/7 oz salad leaves:** like baby gem, frisé, rocket, and radicchio
- **2 Jerusalem artichokes**
- **1 apple**
- **Lemon juice**
- **2 tbs pomegranate seeds**
- **A handful watercress**
- **2 tbs Dijon vinaigrette***

Cube the chicken, and fry in olive oil.
Sprinkle lightly with salt.
Prepare the salad leaves, rinse and toss them dry.
Scrub or peel the Jerusalem artichokes, and cut them into thin slices with a mandoline. Put the artichoke slices in ice-cold water for five minutes.
Cut the apple into thin slices, and drizzle it with lemon juice.
Serve the salad with chicken, Jerusalem artichokes, dressing, apple, watercress and Dijon vinaigrette.

***DIJON VINAIGRETTE**

1 tbs Dijon mustard whisked with **50 ml/1¾ fl oz white wine vinegar, a pinch of Sea salt** and **200 ml/7 fl oz extra virgin olive oil.** Season with Sea salt and freshly ground black pepper.

Nutritional content per serving:	
• Energy:	363 kcal
• Protein:	27.8 g
• Fat:	19.7 g
• Carbohydrates:	20.8 g
• Dietary fibre:	3.3 g

BOUILLON WITH CHICKEN, PEAS, BEANS AND HERBS

2 SERVINGS • **20 minutes**

- **6 green beans**
- **Cold-pressed rapeseed oil**
- **Sea salt**
- **500 ml/17½ fl oz veal stock**
- **2 cooked chicken breast fillets** (boiled in lightly salted water for 15 minutes)
- **100 g/3½ oz freshly shelled peas** or thawed, frozen baby peas
- **1 stick of celery**
- **½ fennel bulb**
- **½ green chilli**
- **A small bunch of coriander**
- **A small bunch of basil**

Accompaniment

- **60 g/2 oz cooked quinoa** or brown rice

Cook your chosen accompaniment, quinoa or rice, and set it aside. Cook the beans in lightly salted water with a drizzle of rapeseed oil for two minutes, and cut them into smaller pieces. Heat the stock. Shred the chicken into pieces and add it to the soup. Add peas, celery and fennel. Serve the hot soup in bowls, place the cooked quinoa/rice on top, and garnish with chilli rings, coriander and basil.

Nutritional content per serving:

• Energy:	391 kcal
• Protein:	36,8 g
• Fat:	10.3 g
• Carbohydrates:	41.5 g
• Dietary fibre:	8 g

MAKE YOUR OWN STOCK! Make your own stock with veal bones and leek, onion, celery, carrots, parsley root and thyme – cook for eight to ten hours. Or buy the stock ready-made from your butcher or local deli.

SALAD WITH CHICKEN, BEETROOT AND QUINOA

2 SERVINGS • **30 minutes**

- **150 g/5¼ oz diced chicken breast**
- **2 tsp extra virgin olive oil**
- **1 tsp butter**
- **Sea salt and a pinch of black pepper**
- **½ tsp crushed dried chilli**
- **1 lemon**
- **200 g/7 oz green beans**
- **Cold-pressed rapeseed oil**
- **100 g/3½ oz tinned or baked beetroot**
- **100 g/3½ oz mixed salad** of baby leaves
- **40 g/1½ oz tinned quinoa** (dry weight 20 g/¾ oz)
- **2 tsp Dijon vinaigrette**, see recipe on page 112
- **4 tbs skyr**

Use either tinned beets or scrub and bake large beets in the oven – for an hour. Cook smaller beets for less time. Then they are cooled and peeled. For this salad, you can also use roughly grated fresh raw beets.

Fry chicken in oil and butter, season with salt, pepper and chilli. Allow to cool. Before mixing in the salad, drizzle it with plenty of Lemon juice.

Prepare the beans and soak them in lightly salted water with a drizzle of rapeseed oil for three minutes. Transfer them to ice-cold water. Then drain.

Cut the beetroot into cubes – or grate it roughly. Rinse and toss the salad until it's clean and dry. Put the dressing in a bowl together with skyr, and mix.

Turn chicken, beans, beets, salad and quinoa into the dressing.

Serve the salad.

Nutritional content per serving:	
• Energy:	267 kcal
• Protein:	23.6 g
• Fat:	10.4 g
• Carbohydrates:	22.4 g
• Dietary fibre:	5.3 g

SALAD WITH PEAR AND EDAMAME BEANS

2 SERVINGS • **15 minutes**

- **6 halved walnuts**
- **100 g/3½ oz salad leaves**, like frisé or radicchio
- **150 g/5¼ oz cabbage**: sweetheart cabbage, white and red cabbage
- **80 g/2¾ oz edamame beans** shelled
- **1 pear**
- **Lemon**
- **A small handful of pea shoots**
- **20 g/¾ oz shaved parmesan**
- **2 tbs Dijon vinaigrette** – see recipe*

Toast the walnuts in a dry pan. Prepare the salad – rinse and toss it dry. Cut the cabbage finely, preferably with a mandoline. Whisk the dressing. Mix the salad and cabbage in a bowl with 2 tbs of dressing and the edamame beans, finely sliced pear, drizzled with lemon, pea shoots, walnuts and parmesan.

EDAMAME BEANS are available in the freezer section of your supermarket with and without pods. In fact, you can buy both conventional and organic.

***DIJON VINAIGRETTE**

1 tbs Dijon mustard whisked with **50 ml/1¾ fl oz white wine vinegar, a pinch of Sea salt** and **200 ml/7 fl oz extra virgin olive oil.** Season with Sea salt and freshly ground black pepper.

Nutritional content per serving:

• Energy:	255 kcal
• Protein:	9.2 g
• Fat:	17.5 g
• Carbohydrates:	18.4 g
• Dietary fibre:	4.9 g

CURRIED CHICKEN AND CABBAGE

2 SERVINGS • **15 minutes**

- **2 chicken breast fillets**
- **2 tbs extra virgin olive oil**
- **2 cloves of garlic**
- **A small piece of ginger**
- **1 tbs curry powder**
- **200 ml/7 fl oz vegetable stock**
- **1 sweetheart cabbage** – purple or green (or other type of cabbage)
- **Sea salt and a pinch of black pepper**
- **8 salad leaves**, like radicchio
- **A handful of pea shoots**

Nutritional content per serving:

• Energy:	383 kcal
• Protein:	35.1 g
• Fat:	18.1 g
• Carbohydrates:	24.7 g
• Dietary fibre:	8.5 g

Cut the chicken into strips. Fry them in 1 tbs of olive oil in a pan. Peel and lightly mash the garlic clove. Peel and cut ginger into small chunks. Put garlic and ginger in the pan together with the curry powder and stock. Pour stock around the chicken. Cut the cabbage finely and add it to the pan, along with a pinch of salt and 1 tbs more oil. Turn well. Let the dish simmer until the cabbage has reduced. Season with salt, curry powder and pepper. Serve on salad leaves and top with pea shoots.

JERUSALEM ARTICHOKE SOUP WITH WHITE BEANS AND PARSLEY

2 SERVINGS • **30 minutes**

- **200 ml/7 oz soaked white beans,** (100 ml /3½ oz dried)
- **1 leek**
- **Extra virgin olive oil**
- **100 g/3½ oz parsley root**
- **200 g/7 oz Jerusalem artichokes**
- **600 ml/21 fl oz chicken/ vegetable stock**
- **100 ml/3½ oz coconut milk**
- **Sea salt**
- **2 parsley stalks**
- **4 hazelnuts**, toasted

Prepare the leek, cut it into rings, rinse and drain. Heat 1 tbs of olive oil, and sauté the leeks until soft and shiny.

Meanwhile, prepare the parsley root and Jerusalem artichokes. Scrub or peel them, and cut them into cubes. Put the cubes in the pan and turn well. Dilute with stock and let the soup simmer for 10 minutes.

Blend the soup with the coconut milk, and season with salt. Add the beans.

Prepare the parsley and fry it briefly in a little olive oil, place it on some kitchen roll.

Toast the hazelnuts and rub off the husk.

Serve the soup with parsley, freshly ground black pepper and the nuts.

Nutritional content per serving:	
• Energy:	397 kcal
• Protein:	15.8 g
• Fat:	14.8 g
• Carbohydrates:	57.8 g
• Dietary fibre:	14.6 g

SALAD WITH CHICKEN, CITRUS, APPLE, CHILLI AND QUINOA

2 SERVINGS ▪ **30 minutes**

- **2 tbs dry quinoa,** (4 tbs cooked)
- **10 halved walnuts**
- **2 chicken breast fillets**
- **2 tsp extra virgin olive oil**
- **2 tsp butter**
- **¼–½ tsp dried chill flakes**
- **Sea salt and pinch of black pepper**
- **100 g/3½ oz salad leaves,** here radicchio, mizuna/rocket and gem
- **A handful of watercress**
- **1 small red onion**
- **1 pink grapefruit**
- **1 orange**
- **1 apple**
- **2 tsp cold-pressed rapeseed oil**

Lightly toast the walnut kernels in a dry pan.

Cut the chicken into small pieces. Heat the oil in the pan, add butter and let it simmer. Fry the chicken pieces, season with chilli, salt and pepper and then place it all on kitchen roll.

Rinse and toss salad leaves and watercress, and cut the red onions into rings.

Segment the citrus fruit: cut off the bottom and top. Cut the peel from top to bottom, including all the pith. Cut the fruit segments between the membranes.

Finally, cut the apples into thin slices, and drizzle them with the juice from the segments.

Serve the salad with chicken, citrus segments, apple, walnuts, quinoa and onions. Drizzle with rapeseed oil.

Nutritional content per serving:

• Energy:	419 kcal
• Protein:	30.9 g
• Fat:	18.8 g
• Carbohydrates:	34.5 g
• Dietary fibre:	5.6 g

TIP! Cook plenty of quinoa, and then keep a stock of it in the freezer to use on days when you're busy!

COURGETTE PASTA WITH PRAWNS, WHITE BEANS AND TOMATOES

2 SERVINGS • **20 minutes**

- **300 g/10½ oz courgettes**
- **Sea salt and a pinch of black pepper**
- **Cold-pressed rapeseed oil**
- **4 tbs soaked and cooked white beans**, or frozen or tinned
- **300 g/10½ oz large prawns**
- **½ tsp dried chilli flakes**
- **2 tbs extra virgin olive oil**
- **1 clove of garlic**
- **1 lemon**
- **10 small tomatoes**

Cut the courgettes into curls on a spiraliser, or into thin strips with a mandoline or peeler. Boil a pot of water with a little sea salt and a splash of rapeseed oil. Poach the courgette and beans in the water for about 30 seconds, and pour them through a sieve to drain.

Wipe off the prawns with a paper towel. Fry them in one tablespoon of olive oil in a non-stick pan together with chilli and garlic. Cut a couple of lemons – one for the side dish – and squeeze some of the juice over the prawns. Season with salt and pepper.

Cut the tomatoes into wedges. Serve the courgette and beans with prawns, the last tablespoon of olive oil, tomato and the lemon wedges.

Nutritional content per serving:	
• Energy:	305 kcal
• Protein:	26.8 g
• Fat:	15.3 g
• Carbohydrates:	18 g
• Dietary fibre:	5.5 g

CARROT SOUP WITH RED LENTILS

2 SERVINGS • **20 minutes**

Nutritional content per serving:	
• Energy:	265 kcal
• Protein:	9.2 g
• Fat:	9.5 g
• Carbohydrates:	40.9 g
• Dietary fibre:	9 g

- **1 red onion**
- **1 clove of garlic**
- **1 tbs extra virgin olive oil**
- **2 tsp finely chopped ginger**
- **2 tsp curry powder**
- **1 tsp turmeric powder** or grated fresh turmeric
- **½ tsp dried chilli flakes**
- **300 g/10½ oz carrots**
- **1 orange**
- **800 ml/28 fl oz vegetable stock**
- **2 tbs white wine vinegar**
- **200 ml/7 oz chopped tomatoes**
- **Sea salt and a pinch of black pepper**
- **2 tbs red lentils**

Dice the red onions and garlic, fry them in oil until soft and shiny, and add ginger, curry powder, turmeric and chilli. Scrub carrots, cut four to six curls using a peeler and cut the rest into cubes. Put the cubes in the pan together with the vegetable stock, the juice from the orange, vinegar and chopped tomatoes. Let the soup simmer for seven minutes. Blend it, and season with salt and pepper. Add lentils, and cook until these are al denté. Serve with the carrot curls.

CHICKEN WITH GREMOLATA AND FRIED SPICY BLACK CABBAGE

2 SERVINGS • **20 minutes**

- **2 chicken breast fillets**
- **Extra virgin olive oil**
- **Sea salt and a pinch of black pepper**
- **1 organic lemon**
- **1 small bunch of broad-leaf parsley**
- **3 cloves of garlic**
- **300 g/10½ oz black cabbage**, savoy cabbage or green cabbage
- **½ tsp dried chilli flakes**

Pat the chicken dry, rub with olive oil, and grill or fry it. Season with salt and pepper.

Make the gremolata: cut/grate the lemon peel finely, and cut/squeeze one clove of garlic, and mix it with 2 tbs chopped parsley.

Rinse the cabbage and cut off the lower part, around 5 cm. Remove the central core and cut the cabbage into large cubes. Rinse it again and toss it dry. Cut the last two garlic cloves into thin slices. Fry them until golden in 1 tbs olive oil, put them aside on some kitchen roll.

Fry the cabbage in the same oil, season with chilli and salt. Mix cabbage and garlic.

Serve the chicken with gremolata and cabbage with garlic chips and chilli.

Nutritional content per serving:

• Energy:	271 kcal
• Protein:	29.3 g
• Fat:	12.3 g
• Carbohydrates:	12.1 g
• Dietary fibre:	2.1 g

CHICKEN SALAD WITH STRAWBERRIES AND PINE NUTS

2 SERVINGS • **30 minutes**

- **2 tbs pine nuts**
- **2 chicken breast fillets**
- **1 tbs extra virgin olive oil**
- **Sea salt**
- **2 baby gem lettuce**
- **100 g/3½ oz salad,** like romaine, red oak lettuce or similar
- **10 strawberries**
- **2 tbs dressing**

Dressing

- **1 tbs Dijon mustard**
- **50 ml/1¾ fl oz red wine vinegar/** apple cider vinegar
- **200 ml/7 fl oz oil,** walnut-, avocado-, olive- or rapeseed oil
- **Sea salt and a pinch of black pepper**

Toast the pine nuts in a dry pan. Fry the chicken breast in oil, first over a high heat, until golden on both sides, and then over medium heat, for seven to eight minutes on each side. Sprinkle the chicken with salt and let it cool. Prepare the salad leaves, divide them as you wish, rinse and toss them dry. Prepare strawberries, and slice them in to halves or quarters.
Whisk the dressing, and season with salt and pepper. Serve the salad with slices of chicken, berries and pine nuts and drizzle with the dressing or serve it on the side.

Nutritional content per serving:

• Energy:	380 kcal
• Protein:	30.7 g
• Fat:	23.2 g
• Carbohydrates:	14.5 g
• Dietary fibre:	3.2 g

SOUP WITH TOMATO, GARLIC, BLACK CABBAGE AND WHITE BEANS

2 SERVINGS • **20 minutes**

- **200 g/7 oz soaked and cooked white beans,** 100 g/3½ oz dry
- **200 g/7 oz black cabbage**, green cabbage or savoy cabbage
- **1–2 cloves of garlic**
- **2 tbs extra virgin olive oil**
- **½ tsp dried chilli flakes**
- **400 g/14 oz chopped tomatoes**
- **600 ml/21 fl oz stock,** chicken/vegetable
- **Sea salt and a pinch of black pepper**
- **Parmesan**

Prepare the cabbage. Whether it is black cabbage or green cabbage, you cut out the middle and a little at the bottom and discard this. Cut the leaves into smaller pieces. Rinse and squeeze dry.
Dice the garlic and fry until soft and shiny in a drop of oil. Add the cabbage and toss well. Add chilli and tomato. Dilute with stock and let the soup simmer for five minutes.

Add the beans and heat. Add the last tablespoon of oil. Blend the soup briefly with a stick blender. The soup should not be fully blended but should appear rustic. Season with salt and pepper.
Serve the hot soup.
Place parmesan cheese and a grater on the table.

Nutritional content per serving:

• Energy:	425 kcal
• Protein:	23.4 g
• Fat:	20.5 g
• Carbohydrates:	45.3 g
• Dietary fibre:	15.4 g

CURRY SOUP WITH PRAWNS AND TURMERIC

2 SERVINGS • **20 minutes**

- **400 ml/14 fl oz chicken/vegetable stock**
- **200 ml/7 fl oz coconut milk**
- **Curry powder**
- **Turmeric,** fresh or ground
- **Sea salt**
- **200 g/7 oz prawns**
- **300 g/10½ oz tenderstem broccoli**
- **1 tsp dark sesame oil,** or extra virgin olive oil
- **A pinch of black pepper**
- **Coriander**
- **2 slices of rye bread**

Cook stock and coconut milk together. Season the soup with curry powder, turmeric and salt. Add the prawns to the soup for the last two minutes before taking it off the heat. If you heat the prawns too long, they become rubbery. Prepare the tenderstem broccoli, drizzle it with oil, cut it roughly, and add it to the soup before serving, finally adding a grind of pepper. Serve the curry soup in two bowls, and sprinkle with coriander.
Toast the rye bread and serve.

MAKE YOUR OWN STOCK!
Make your stock with veal bones and leek, onion, celery, carrots, parsley root and thyme – for eight to ten hours. Or buy the stock ready-made from your butcher or local deli.

Nutritional content per serving:	
• Energy:	487 kcal
• Protein:	29.5 g
• Fat:	26 g
• Carbohydrates:	39 g
• Dietary fibre:	8.9 g

ORANGE MARINATED SALMON WITH RED QUINOA AND BROCCOLI

2 SERVINGS • **30 minutes**

- **80 g/2¾ oz red quinoa**
- **2 salmon fillets 125 g/4½ oz**
- **100 ml/3½ fl oz dark balsamic vinegar**
- **100 ml/3½ fl oz freshly squeezed orange juice**
- **Sea salt and a pinch of black pepper**
- **1 tsp Acacia honey**
- **2 oranges**
- **1 small red onion**
- **Cold-pressed rapeseed oil**
- **250 g/8¾ oz tenderstem broccoli** or broccoli

Cook the quinoa according to the instructions. Bake the salmon at 200° C/390° F/ Gas Mark 6 for 12 minutes. Mix balsamic vinegar, orange juice and honey and season with salt and pepper. Cut oranges into slices, and cut red onions finely. Cook the broccoli for one to two minutes in lightly salted water with a little rapeseed oil. Brush the salmon with the marinade when it comes out of the oven. Serve it with the quinoa, red onions, orange and broccoli.

Nutritional content per serving:

• Energy:	557 kcal
• Protein:	42.5 g
• Fat:	19.4 g
• Carbohydrates:	57.4 g
• Dietary fibre:	9 g

Obsessed with blueberries

Blueberry drink with lemon and mint

Did someone say an explosion of colour? It's healthy antioxidants that give your cold drink its hot colour, so just take a big gulp and enjoy.

You often read about them and they are the subject of much research. So why is there all this interest in blueberries? Let us tell you. **They are rich in vitamins, antioxidants and fibre, and they taste great** in salads, juices and sweets.

Blueberries are delicate little things, so go for firm, whole berries and store them in the fridge. This prevents them going off too quickly!

Salad with blueberries, grilled peaches and feta

We usually eat blueberries in the morning, but in fact, these delicious berries also provide a sweet balance to savoury or tart dishes.

Chicken with blueberry compote and grilled veg

You can use other berries for the ice cream, such as blackcurrants, raspberries or redcurrants. The lollies are perfect to have on a warm sunny day – or on any day actually!

Blueberry ice lollies

Obsessed with blueberries

Salad with blueberries, grilled peaches and feta

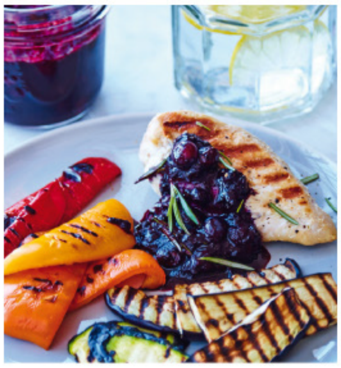
2 SERVINGS
- **50 g/1¾ oz quinoa**
- **1 peach**
- **1 tbs pine nuts**
- **125 g/4½ oz blueberries**
- **65 g/2¼ oz spinach and/or lamb's lettuce**
- **25 g/1 oz feta cheese,** crumbled

Dressing
- **1 tbs extra virgin olive oil**
- **1 tbs white wine vinegar**
- **½ tbs acacia honey**
- **2 tbs lemon,** juice
- **Sea salt**
- **Black pepper,** freshly ground

1. Cook the quinoa according to the packet instructions.
2. Cut the peach into wedges, and grill them.
3. Toast the pine nuts in a dry pan until they colour a little.
4. Arrange the slightly cooled quinoa on a plate, along with the peach wedges, blueberries, lettuce, pine nuts and feta cheese.
5. Whisk together all the ingredients for the dressing and serve with the salad.

Nutritional content per serving:
Energy: 221 kcal • Protein: 6 g • Fat: 12 g • Carbohydrates: 26 g • Dietary fibre: 4 g

●TIP! Cooking a small portion of quinoa is fiddly. So, cook up a big portion and you'll have some to use later as an easy addition to a salad.



Chicken with blueberry compote and grilled veg

2 SERVINGS
- **400 g/14 oz vegetables e.g. peppers, courgettes and aubergines**
- **2 chicken breasts**
- **Sea salt**
- **Black pepper, freshly ground**
- **1 tbs fresh rosemary,** finely chopped

Compote
- **180 g/6¼ oz blueberries**
- **50 ml/1¾ fl oz water**
- **½ tbs fresh rosemary,** chopped
- **1 tbs balsamic vinegar**

1. Slice the vegetables.
2. Season the vegetables and chicken with salt, pepper and rosemary, then grill until the chicken is cooked through and the vegetables are tender.
3. Put all the ingredients for the compote in a saucepan, and bring to the boil. Then simmer for about 15 minutes.
4. Serve the chicken and grilled vegetables with the compote and a small sprinkle of fresh rosemary, if desired.

Nutritional content per serving:
Energy: 250 kcal • Protein: 30 g • Fat: 5 g • Carbohydrates: 32 g • Dietary fibre: 9 g

●TIP! If you can't get fresh blueberries, use frozen ones for both the compote and in a delicious crumble. Use the same amount.

Blueberry ice lollies

4 LOLLIES
- **4 ice cream moulds**
- **4 Ice lolly sticks**

Compote
- **120 g/4¼ oz blueberries**
- **50 ml/1¾ fl oz water**
- **½ tsp vanilla powder**
- **½ tbs Acacia honey**

Skyr mixture
- **200 ml/7 fl oz skyr** or 2% Greek yoghurt
- **½ tsp vanilla powder**
- **½ tbs Acacia honey**

1. Put all the ingredients for the blueberry compote in a saucepan and bring to the boil. Simmer five minutes Set aside to cool.
2. Stir together all the ingredients for the creamy skyr mixture.
3. Alternate 1 tbsp of the cooled blueberry compote and 1 tbsp of the skyr mixture into the ice cream moulds until it's all used.
4. Put one stick in each mould and freeze for at least four hours.

Nutritional content per serving:
Energy: 81 kcal • Protein: 6 g • Fat: 0.4 g • Carbohydrates: 13 g • Dietary fibre: 1 g

●TIP! If you have trouble getting the ice lollies from the moulds, hold them under warm water until they start to loosen.

Blueberry drink with lemon and mint

2 GLASSES
- **1 organic lemon**
- **125 g/4½ oz blueberries**
- **1 bunch of mint**
- **300 ml/10½ fl oz water**
- **½ tbs Acacia honey**
- **Ice cubes**

1. Slice half a lemon into slices, hold back a small handful of blueberries and a few sprigs of mint.
2. Blend the juice of the other half lemon, the rest of the berries and mint with water and honey until the berries are well-blended. Pour into glasses.
3. Garnish with lemon slices, whole berries and some fresh mint and serve with plenty of ice cubes.

Nutritional content per glass:
Energy: 78 kcal • Protein: 1 g • Fat: 0.4 g • Carbohydrates: 19 g • Dietary fibre: 3 g

●TIP! If you put the glasses in the freezer for half an hour before use, the juice will stay refreshingly cool for longer.

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Become Healthier and Pain-free

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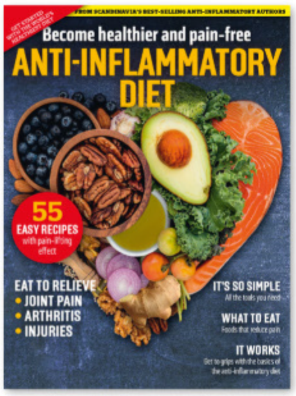
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Anti-Inflammatory

Everyday Recipes

ANTI-INFLAMMATORY
EVERYDAY RECIPES
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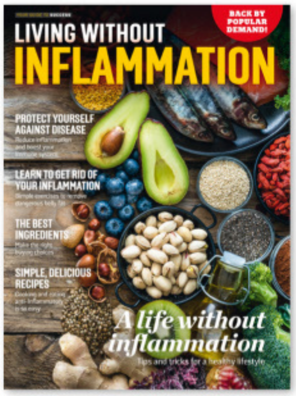
Common foods like salmon, nuts, berries and cabbage can help reduce inflammation in your body, preventing and relieving a wide range of pains, injuries and lifestyle diseases. This guide gives you the tools to make the anti-inflammatory diet a regular part of your daily life. Discover the colourful palette of delicious foods that are easily accessible and super healthy. Enjoy lots of tips and techniques to make life in the kitchen simpler and more fun. With more than 50 recipes for delicious dishes with anti-inflammatory benefits.

Living without Inflammation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LEARN TO GET RID OF YOUR INFLAMMATION
THE BEST INGREDIENTS
SIMPLE, DELICIOUS RECIPES
A life without inflammation

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Common foods like salmon, avocado, berries and cabbage can reduce the inflammation in your body, and in doing so, any long-term pain, injury or illness, can be alleviated.

In this guide, you will find recipes for healthy and delicious food with anti-inflammatory power. There are recipes for all the day's meals – morning, noon and night. All the meals are easy and quick to prepare, so even the busiest day can become an anti-inflammatory one.

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